

**NEW YEAR  
NEW LIFE  
December 31, 2023**











<sup>28</sup> Do you not know? Have you not heard? The LORD is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and his understanding no one can fathom. <sup>29</sup> He gives strength to the weary and increases the power of the weak.

▣ <sup>30</sup> Even youths grow tired and weary, and young men stumble and fall; <sup>31</sup> but those who hope in the LORD will renew their strength.

They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

▣ *But those who wait on the LORD  
SHALL renew their strength; they  
shall mount up with wings like  
eagles, they shall run and not be  
weary, they shall walk and not  
faint. Isa 40:31*

# **THE THREE “R”s**



**The First “R” is REFLECT**

- ▣ Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things. Philippians 4:8 (KJV)

**THE NEXT “R” IS REFRESHING**

**He has blessed us (Ephesians 1:3).**

**He has chosen us (Ephesians 1:4).**

**He has predestined us  
(Ephesians 1:5 & 11)**

**He has made us accepted  
(Ephesians 1:6)**

**He has redeemed us (Ephesians 1:7).**

**He has abounded toward us  
(Ephesians 1:8).**

**He has made known unto us  
(Ephesians 1:9).**

**He has given us an inheritance  
(Ephesians 1:11, 14).**

**He has sealed us (Ephesians 1:13).**



- ▣ **Therefore, if anyone is in Christ, the new creation has come:<sup>[a](#)</sup> The old has gone, the new is here! 2 Corinthians 5:17**

- ▣ I will bless the LORD at all times;  
His praise *shall* continually *be* in  
my mouth. My soul shall make its  
boast in the LORD; the humble  
shall hear *of it* and be glad. Oh,  
magnify the LORD with me, And let  
us exalt His name together.  
Psalm 34:1-2



**THE LAST “R” – RENEW**

**...”When I am weak, then I am  
strong.”**

**2 Corinthians 12: 10**

- ▣ **2 Timothy 1:12 says, For this reason I also suffer these things; nevertheless I am not ashamed, for I know whom I have believed and am persuaded that He is able to keep what I have committed to Him until that Day.**





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