

HANDBOOK TO RENEWAL DAY BY DAY

Adapted for Emotionally Healthy Relationships Daily Office

*Renewing Your Mind
with Affirmations
from Scripture
Used by permission for Modified EHR Course at Westwood Church*

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Silence and Stillness Before God (2 Minutes)

The Structure of this Handbook

The Daily Renewal Guide was created to expose you to a wide range of affirmations. It adopts a five-part structure:

1. The Attributes of God
2. The Works of God
3. My Relationship to God
4. The Character I Want to Cultivate
5. My Relationship to Others

There is a logical and progressive relationship in these five general categories that moves from God to self to others. The first two relate to loving God completely, the next two relate to loving self correctly, and the last relates to loving others compassionately. The person, powers, and perfections of God is the basis for His works in creation, redemption, and consummation. The attributes and works of God are the foundation of my relationship to God, and growth in Christlikeness relates to the character I want to cultivate. When I find my security, significance, and sufficiency in Christ, I am free to be a giver rather than a grabber, and I can serve others in love as I have been called to do. Each day includes all five parts.

How to Use this Handbook

Handbook to Renewal was designed as a tool for daily renewal of your mind with biblical truth.

Practical Guidelines for silence and stillness:

1. Start with two minutes: Most teachers of silence and stillness recommend times of 20 minutes. Give yourself lots of grace as enter into this practice.
2. Find a place where you can sit still and uninterrupted. Sit straight.
3. Breathe slowly, deeply, and naturally.
4. Offer yourself to God; give him your cares and worries.
5. Close your eyes or lower them to the ground.
6. Allow yourself to sink into God's loving presence.
7. **When you find yourself distracted, gently return to the Lord.**

Dealing with Distractions:

1. When you find your mind wandering, let your breathing bring you back.
2. As you breathe in, ask God to fill you with the Holy Spirit. As you breathe out, exhale all that is sinful, false, and not of Him.
3. You can try pray the Jesus Prayer, "Lord Jesus Christ, Son of God, have mercy on me a sinner." This invites us to remember what our short, earthly lives are ultimately about.
4. The third tool is to remember and meditate on our union/oneness with Jesus as our spouse. You can picture hugging Him and allowing yourself to be hugged. No words are exchanged. We simply embrace.
5. Pray the Lord's Prayer each day.
6. When my mind wanders with distractions, I simply return to "Abba, Father" to reconnect me with Jesus. It also reminds me of my purpose in the stillness — I quiet myself to connect with Him.

Without expectation of results or revelation, we simply offer our time to be with God in stillness. We choose to make space for God. He is already present and waiting. Trust the Spirit to guide you into this practice and take you into deeper intimacy with God in stillness. Just remember that you do not need to do anything to capture God's attention or love. You do not even need to speak. Simply be with God in love.

Silence and Stillness Before God (2 Minutes)

Day 1 Morning/Afternoon/Evening The Attributes of God

You are my God, and I will give thanks to You; You are my God, and I will exalt You. I will give thanks to the Lord, for He is good; His loyal love endures forever. (Psalm 118:28–29)

God is the blessed and only Sovereign, the King of kings and Lord of Lords, who alone has immortality and dwells in unapproachable light, whom no one has seen or can see. To Him be honor and eternal dominion. (1 Timothy 6:15b–16)

The Works of God

When I consider Your heavens, the work of Your fingers, the moon and the stars, which You have set in place, what is man that You are mindful of him, and the son of man that You care for him? You made him a little lower than the heavenly beings and crowned him with glory and honor. You made him ruler over the works of Your hands, and You put everything under his feet. (Psalm 8:3–6)

O Lord of hosts, God of Israel, enthroned between the cherubim, You alone are God over all the kingdoms of the earth. You have made heaven and earth. (Isaiah 37:16)

My Relationship to God

You have blessed me and kept me; You have made Your face shine upon me and have been gracious to me; You have turned Your face toward me and given me peace. (Numbers 6:24–26)

I have been loved by God and called to be a saint; grace and peace have been given to me from God our Father and the Lord Jesus Christ. (Romans 1:7)

The Character I Want to Cultivate

Lord, who may dwell in Your tabernacle? Who may live on Your holy mountain? He who walks uprightly and works righteousness and speaks the truth in his heart; he does not slander with his tongue nor does evil to his neighbor nor takes up a reproach against his friend; he despises the reprobate but honors those who fear the Lord. He keeps his oath even when it hurts, lends his money without interest, and does not accept a bribe against the innocent. He who does these things will never be shaken. (Psalm 15:1–5)

I will let my eyes look straight ahead and fix my gaze straight before me. I will ponder the path of my feet so that all my ways will be established. I will not turn to the right or to the left but keep my foot from evil. (Proverbs 4:25–27)

My Relationship to Others

A friend loves at all times, and a brother is born for adversity. (Proverbs 17:17)

We must be devoted to one another in brotherly love, honoring one another above ourselves. (Romans 12:10)

Silence and Stillness Before God (2 Minutes)

Day 2 Morning/Afternoon/Evening The Attributes of God

God is not a man, that He should lie, nor a son of man, that He should change his mind. Has He spoken and not done it? Has He promised and not fulfilled it? (Numbers 23:19)

He who is the Glory of Israel does not lie or change His mind, for He is not a man, that He should change His mind. (1 Samuel 15:29)

The Works of God

One generation shall praise Your works to another, and shall declare Your mighty acts. I will meditate on the glorious splendor of Your majesty and on Your wonderful works. Men shall speak of the might of Your awesome works, and I will proclaim Your great deeds. (Psalms 145:4-6)

Who is a God like You, who pardons iniquity and passes over the transgression of the remnant of His inheritance? You do not stay angry forever but delight to show mercy. You will have compassion on Your people; You will tread their iniquities underfoot and hurl all their sins into the depths of the sea. (Micah 7:18-19)

My Relationship to God

God lifted me out of the slimy pit, out of the mud and mire; He set my feet on a rock and gave me a firm place to stand. He put a new song in my mouth, a hymn of praise to our God. Many will see and fear and put their trust in the Lord. (Psalms 40:2-3)

I shall know the truth, and the truth shall set me free. Everyone who commits sin is a slave of sin. And a slave has no permanent place in the family, but a son belongs to it forever. So if the Son sets me free, I shall be free indeed. (John 8:32, 34-36)

The Character I Want to Cultivate

I will not let love and truth leave me; I will bind them around my neck and write them on the tablet of my heart. (Proverbs 3:3)

Love is patient, love is kind, it does not envy; love does not boast, it is not arrogant, it does not behave rudely; it does not seek its own, it is not provoked, it keeps no record of wrongs; it does not rejoice in unrighteousness but rejoices with the truth; it bears all things, believes all things, hopes all things, endures all things. Love never fails. (1 Corinthians 13:4-8)

My Relationship to Others

I will give generously to others without a grudging heart. (Deuteronomy 15:10)

I will not withhold good from those to whom it is due, when it is in my power to act. (Proverbs 3:27)

Silence and Stillness Before God (2 Minutes)

Day 3 Morning/Afternoon/Evening The Attributes of God

The Lord my God is God of gods and Lord of Lords, the great God, mighty and awesome, who shows no partiality and accepts no bribes. He executes justice for the fatherless and the widow and loves the alien, giving him food and clothing. (Deuteronomy 10:17-18)

As for God, His way is perfect; the word of the Lord is proven. He is a shield to all who take refuge in Him. For who is God besides the Lord? And who is the Rock except our God? (Psalms 18:30-31)

The Works of God

To us a child is born, to us a son is given, and the government will be on His shoulders. And he will be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace. Of the increase of His government and peace there will be no end. He will reign on the throne of David and over His kingdom, establishing and upholding it with justice and righteousness from that time on and forever. The zeal of the Lord of hosts will accomplish this. (Isaiah 9:6-7)

Jesus will be great and will be called the Son of the Most High. The Lord God will give Him the throne of His father David, and He will reign over the house of Jacob forever, and His kingdom will never end. (Luke 1:32-33)

My Relationship to God

The Lord is my rock and my fortress and my deliverer; my God is my rock; I will take refuge in Him, my shield and the horn of my salvation, my stronghold and my refuge—my Savior, You save me from violence. I call on the Lord, who is worthy of praise, and I am saved from my enemies. (2 Samuel 22:2-4)

Who will bring a charge against those whom God has chosen? It is God who justifies. Who is he who condemns? It is Christ Jesus who died, who was furthermore raised to life, who is at the right hand of God and is also interceding for me. (Romans 8:33-34)

The Character I Want to Cultivate

The fear of the Lord, that is wisdom, and to depart from evil is understanding. (Job 28:28)

The fear of the Lord is the beginning of wisdom; all who practice His commandments have a good understanding. His praise endures forever. (Psalms 111:10)

My Relationship to Others

I will stay away from a foolish man, for I will not find knowledge on his lips. (Proverbs 14:7)

I will not make friends with a hot-tempered man or associate with one easily angered, lest I learn his ways and set a snare for my soul. (Proverbs 22:24-25)

Silence and Stillness Before God (2 Minutes)

Day 4 Morning/Afternoon/Evening The Attributes of God

You revealed Yourself to Moses as “I AM WHO I AM.” ([Exodus 3:14](#))

Jesus Christ is the same yesterday, today, and forever. ([Hebrews 13:8](#))

The Works of God

Rejoice greatly, O daughter of Zion! Shout, O daughter of Jerusalem! Behold, Your King is coming to you; He is just and having salvation, humble and riding on a donkey, on a colt, the foal of a donkey. He will proclaim peace to the nations; His dominion will extend from sea to sea and from the River to the ends of the earth. ([Zechariah 9:9-10](#))

God sent His word to the children of Israel, telling the good news of peace through Jesus Christ, who is Lord of all. He commanded the apostles to preach to the people and to testify that He is the One whom God appointed as judge of the living and the dead. To Him all the prophets witness that through His name, everyone who believes in Him receives forgiveness of sins. ([Acts 10:36, 42-43](#))

My Relationship to God

The Lord my God, the Lord is one. I want to love the Lord my God with all my heart and with all my soul and with all my strength. ([Deuteronomy 6:4-5](#))

He who loves his father or mother more than You is not worthy of You; he who loves his son or daughter more than You is not worthy of You. ([Matthew 10:37](#))

The Character I Want to Cultivate

I will not follow the crowd in doing wrong. ([Exodus 23:2](#))

There are six things the Lord hates, seven that are detestable to Him: haughty eyes, a lying tongue, hands that shed innocent blood, a heart that devises wicked plans, feet that run swiftly to evil, a false witness who breathes lies, and one who causes strife among brothers. ([Proverbs 6:16-19](#))

My Relationship to Others

The Lord God said, “It is not good for the man to be alone; I will make a helper suitable for him.” And the Lord God made a woman from the rib He had taken out of the man, and He brought her to the man. And the man said, “This is now bone of my bones and flesh of my flesh; she shall be called ‘Woman,’ because she was taken out of man.” For this reason a man shall leave his father and mother, and shall cleave to his wife, and they shall become one flesh. ([Genesis 2:18, 22-24](#))

From the beginning of creation God made them male and female. For this reason a man shall leave his father and mother and shall cleave to his wife, and the two shall become one flesh. So they are no longer two, but one flesh. Therefore what God has joined together, let man not separate. ([Matthew 19:4-6](#); [Mark 10:6-9](#))

Silence and Stillness Before God (2 Minutes)

Day 5 Morning/Afternoon/Evening The Attributes of God

The Lord is great and greatly to be praised; He is to be feared above all gods. For all the gods of the nations are idols, but the Lord made the heavens. Splendor and majesty are before Him; strength and joy are in His place. I will ascribe to the Lord glory and strength. I will ascribe to the Lord the glory due His name and worship the Lord in the beauty of holiness. ([1 Chronicles 16:25–29](#))

You are the high and lofty One who inhabits eternity, whose name is holy. You live in a high and holy place but also with him who is contrite and lowly in spirit, to revive the spirit of the lowly and to revive the heart of the contrite. ([Isaiah 57:15](#))

The Works of God

God completed the heavens and the earth in all their vast array. By the seventh day God finished the work which He had done, and He rested on the seventh day from all His creative work. And God blessed the seventh day and sanctified it, because on it He rested from all the work of creating that He had done. ([Genesis 2:1–3](#))

O Lord, God of Israel, enthroned between the cherubim, You alone are God over all the kingdoms of the earth. You have made heaven and earth. ([2 Kings 19:15](#))

My Relationship to God

Glory in the holy name of the Lord; let the hearts of those who seek the Lord rejoice. Seek the Lord and His strength; seek His face always. Remember the wonderful works He has done, His miracles, and the judgments He pronounced. ([1 Chronicles 16:10–12](#))

Since I am receiving a kingdom that cannot be shaken, I will be thankful and so worship God acceptably with reverence and awe, for my God is a consuming fire. ([Hebrews 12:28–29](#))

The Character I Want to Cultivate

I will put away perversity from my mouth and keep corrupt talk far from my lips. ([Proverbs 4:24](#))

I will not let any corrupt word come out of my mouth, but only what is helpful for building others up according to their needs, that it may impart grace to those who hear. ([Ephesians 4:29](#))

My Relationship to Others

Like Abraham, I should direct my children and my household after me to keep the way of the Lord by doing what is right and just. ([Genesis 18:19](#))

I will learn to fear You all the days I live on the earth and teach Your words to my children. ([Deuteronomy 4:10](#))