

Concord Community Church

Speaker: Augustine Wilson

Dated: 18/01/2026

Subject: Renewing Our Strength in 2026(Physically, Psychologically, and Spiritually — A Christian Perspective

“But those who wait on the LORD shall renew their strength; they shall mount up with wings like eagles...” (*Isaiah 40:31*)

The new year is not merely a change of dates—it is an invitation from God to **renew** what has grown weary. Scripture presents humans as **whole beings**: body, soul, and spirit (1 Thessalonians 5:23). True renewal comes when all three are attended to under God’s grace.

1. Renewing Our Strength Physically (*Honouring God with our bodies*)

“Do you not know that your body is the temple of the Holy Spirit...? Therefore, glorify God in your body.”
(*1 Corinthians 6:19–20*)

Biblical Foundations:

- God values rest (Genesis 2:2–3)
- Jesus Himself withdrew to rest and pray (Mark 6:31)
- Physical exhaustion affects spiritual clarity (1 Kings 19:4–8)

Practical Christian Disciplines:

- **Rest with intention** – Protect sleep; embrace Sabbath rhythms
- **Stewardship of health** – Balanced diet, hydration, exercise
- **Moderation** – Avoid burnout, overwork, and constant digital noise
- **Routine and discipline** – Order brings peace (Proverbs 24:27)

👉 ***Physical renewal is not vanity—it is stewardship.***

2. Renewing Our Strength Psychologically (*Renewing the mind and emotions*)

“Do not be conformed to this world but be transformed by the renewing of your mind.”
(*Romans 12:2*)

Biblical Foundations:

- God cares deeply for our inner life (Psalm 42:11)
- Anxiety and joy are matters God addresses directly (Philippians 4:6–7)
- The mind can be trained by truth (2 Corinthians 10:5)

Practical Christian Disciplines:

- **Guard your thoughts** – Replace lies with God’s truth (Philippians 4:8)
- **Practice gratitude** – Thankfulness heals perspective (Psalm 103:2)
- **Healthy boundaries** – Say no without guilt; avoid emotional overload
- **Faith-filled self-talk** – Speak Scripture over fears and failures
- **Seek godly counsel** – Community brings healing (Proverbs 11:14)

👉 *A renewed mind leads to a renewed life.*

3. Renewing Our Strength Spiritually *(Deepening our walk with God)*

“He restores my soul.” *(Psalm 23:3)*

“Abide in Me... for without Me you can do nothing.” *(John 15:4–5)*

Biblical Foundations:

- Spiritual strength comes from abiding, not striving
- Waiting on God precedes rising in strength (Isaiah 40:31)
- Renewal flows from the presence of God (Acts 3:19)

Practical Christian Disciplines:

- **Daily Scripture** – Not speed, but depth (Psalm 1:2–3)
- **Prayer with listening** – Relationship, not ritual
- **Worship** – Private and corporate
- **Fasting & simplicity** – Space for God’s voice
- **Service** – Strength multiplies when poured out (Isaiah 58:10–11)

👉 *Spiritual renewal is the source from which all other strength flows.*

A Unified Vision for believers in 2026

Dimension	Key Focus	God’s Promise
Body	Rest, discipline, stewardship	Strength like eagles
Mind	Truth, peace, renewal	Perfect peace
Spirit	Abiding, prayer, worship	Renewed joy & power

A Prayer for receiving strength in this New Year

Lord, as I step into 2026, renew my strength. Restore my body, renew my mind, and revive my spirit. Teach me to wait on You, walk with You, and work from Your strength—not my own.

In Jesus' name. Amen.