

JUNE 11 & 18, 2026

Refreshing Starts on the Inside

Session 1 — Listening to the Right Voices

INFLUENCE

The first step in getting really refreshed comes from stopping to think about our influences. What are the inputs that are shaping your heart, mind, and emotions?

We learn in Romans 12 that we are designed to get refreshing and renewal in ways that are different than the world around us.

Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

Romans 12:1-2

The idea of “being conformed” helps us understand the way the world influences us — pushing us out of the rhythms we were designed for. This Greek word means to mold or shape, just like a Play-Doh mold creates shapes. The world works to push us into a form that is the opposite of the abundant life Jesus promised.

SCRIPTURE READING

Read these verses and ask the Lord to give you insight into the influences in your life:

- **From people:** Proverbs 13:20 & Psalm 1
- **From our own heart:** James 1:13-14
- **From the world:** 1 Corinthians 3:18-20; Ephesians 2:2
- **From media & digital sources:** “Take no part in the worthless pleasures of evil and darkness, but instead, rebuke and expose them.” — Ephesians 5:11 (MSG)

WHAT VOICES ARE YOU LISTENING TO?

From people:

From my own heart:

From the world / media:

THE OVERRIDING ANSWER

The beginning of Romans 12:1-2 gives us the overriding answer to our influences.

Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God — this is your true and proper worship.

Romans 12:1 (NIV)

We are to offer our whole selves to God as an expression of worship. In whatever ways we seek refreshing and restoration, it should be in the midst of offering ourselves fully to Him. That is the daily posture that will bring transformation and renewal — anything that doesn’t fit will take us down the path of being misshapen by the world.

THE PROMISE OF RENEWAL

When we are in His presence, the promise is that our minds and emotions will be renewed. Read these verses that use this same Greek word for renewal:

- Psalm 103:5
- Psalm 104:30
- Lamentations 5:21

Jesus promised the best possible kind of refreshing:

On the last day, the climax of the festival, Jesus stood and shouted to the crowds, “Anyone who is thirsty may come to me! Anyone who believes in me may come and drink! For the Scriptures declare, ‘Rivers of living water will flow from his heart.’”

John 7:37-38 (NLT)

PRACTICAL FOCUS — PERSONAL REFLECTION

- 1 What influences are in your life today that don’t lead to refreshing?
- 2 What are you going to feed your mind this season? What will you read, listen to, and watch?
- 3 What sources are you going to look to for your emotions to be refreshed?
- 4 Where in your daily routine can you make space to surrender — everything — to Him?