



Saint Mark's Church
Sunday School

Renewal of Heart
Code: 10/SP/1

1. General Aims of the unit

To built up the spiritual life on a solid biblical base re

2. Special aims of the lesson

1. To explore the difference of the old heart which we inherited from Adam and the new heart which is born from God in Baptism
2. To stress the fact that “due to our slackness in the spiritual path and lack of nourishment to the new heart , renewal is an essential process in the spiritual life.
3. Show that the renewal is a gift from God given only to everyone who ask sincerely and work his abilities for daily nourishing the spirit (prayers, bible , sacraments) and obey the commandments specially of love.

3.Outcomes

By the end of this lesson the teens are able to:

1. Differentiate between the process of rebirth and that of renewal in clear and ecclesiastical terms.
2. Characterize the features of the renewed heart and compare them with the old heart
3. Start the renewal process by committed to :
 - ❖ Daily prayers (Agbia and personal) , bible (reading , contemplation ,learning a verse by heart and apply it)
 - ❖ Daily repentance and regular confession and Eucharist

Verses:

Rom.12:2 ; 1 Co.15:22 ; Ro. 8:1-9 ;Matt.5:8 ; Eph.3:17

REMARKS ON THE “RENEWAL OF THE HEART”

1. In baptism

- ❖ The old person died with Christ . This old man represents all our sinful desires and attraction to sin and ends with death *“In the sweat of your face you shall eat bread Till you return to the ground, For out of it you were taken; For dust you are, And to dust you shall return.”* (Gen. 3:19)
- ❖ And we put on the new man which is according to the resurrection of Jesus Christ . *“Or do you not know that as many of us as were baptized into Christ Jesus were baptized into His death? Therefore we were buried with Him through baptism into death, that just as Christ was raised from the dead by the glory of the Father, even so we also should walk in newness of life. For if we have been united together in the likeness of His death, certainly we also shall be in the likeness of His resurrection, knowing this, that our old man was crucified with Him, that the body of sin might be done away with, that we should no longer be slaves of sin.”* (Rom. 6:3-6)
- ❖ This new man characterised by all the good character of Jesus Himself who overcome death on the cross . So in baptism we are granted all the gifts of the new man : salvation , righteousness . holiness , loving the others as our Lord did , authority over sin . All these gifts are given to us freely from our Lord . . *“ But God demonstrates His own love toward us, in that while we were still sinners, Christ died for us. Much more then, having now been justified by His blood, we shall be saved from wrath through Him. (Rom. 5:8-9)*
“for all have sinned and fall short of the glory of God, being justified freely by His grace through the redemption that is in Christ Jesus, whom God set forth as a propitiation by His blood, through faith, to demonstrate His righteousness, because in His forbearance God had passed over the sins that were previously committed” (Rom. 3:23-25),
- ❖ But to activate all His gifts in our lives, we need to obey the bible as instructing us to be diligent , fighters , strugglers against sin , nourishment our selves daily and zealous in the spiritual way .
“be even more diligent to make your call and election sure, for if you do these things you will never stumble;” (2 Pet. 1:10)
“ I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service.” (Rom. 12:1)

2. Renewal of heart

- ❖ Due to our slackness in the nourishment of our souls (prayers , bible , sacramental life , applying of the commandments of the bible), struggling against sin ; we feel that our spiritual life starts to be dull , not progressing , not gaining virtues (the fruits of the Spirit) .

- ❖ Then renewal of the heart and mind is the solution . *“And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.” (Rom.12:2).*
- ❖ This renewal is not about the outer appearance but for the heart , mind and behaviour .
- ❖ The Holy Spirit inspired us to accept obedience to His word , rebukes us about sin (John 16:8), pour His love within us (Rom. 5:5) and leads us in the way of sonship (Rom. 8:14)
- ❖ Good friends , stories of Saints , listening to sermons , songs , hymns will help us in the renewal process.
- ❖ Also , refrain from all types of temptations like bad friends , bad magazines , x-rated films and videos , etc will help our renewal.
- ❖ The renewal may be expressed in sincere stand against sin and return to the way of Christ , commitment to stop certain bad habits , accepting more sacrifices for the sake of the Lord as more obedience for my parents , loving someone who hearts me before , giving more of my time to serve some of the needy , etc.
- ❖ Repentance and confession is a good sign of the start of renewal.
- ❖ Regularity in practicing the spiritual means is a good sign in the continuous way of renewal

Delivery of the lesson

1. Many stories may be used to support the meaning of renewal of life as:
 - ❖ David when Nathan the prophet came to him (2 Sam. 11-12)
 - ❖ King Saul when Samuel the prophet rebuked him , but unfortunately he refused to renewed his heart or mind (1Sam. 15)
 - ❖ Job after he talk to the Lord God (Job 38:1-6 ; 42:1-6)
 - ❖ King Ahab when he listened to the harsh word of the Lord God (2Kings 21:17-28)
 - ❖ Judas the betrayal refused to be renewed even after Jesus warned him (John 13:21-30)
 - ❖ Demas who returned back and loved the world regardless he was a co-worker with St. Paul (Col. 4:14 , Phil. 24 ; 2Tim 4:10)
 - ❖ The angel of the church of Laodicea (Rev. 3:14-22)
 - ❖ St. Mary the Egyptian and St. Zosema
 - ❖ St. Baesa and St. John the Short
2. The class may subdivided to 3-4 small groups and each group read some of the stories from the bible , and come out of the required definitions . Then discuss the outcomes with the whole class
3. Another scenario is to read from the bible one story in time , give the teens some written questions asking them to answer them and then discuss their answers
4. Let them remember by heart this verse .
“And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.” (Rom.12:2).
 Repeating the verse many times , laminate it with a nice picture or any other nice method may be used.