

## Evangelists as Ministers of Revival

### Self-Revitalization<sup>1</sup>

You cannot revive others, if you, yourself, do not feel new life and hope.

Question: Do you want to experience revival? Do you want a deeper relationship with God and a renewed sense of your purpose and calling?

If the answer is yes, then you must be intentional about pursuing revival. Doing what you have always done doesn't lead to revival. You must make some changes in your life. Just making a mental decision that you affirm over and over isn't enough. You have to change some behaviors as well. Here is one way to implement a change in both your thoughts and your behaviors that can lead to revival and renewal:

1. Make a decision that you want to be revived.
2. Focus on Jesus Christ as the model for your thoughts and behaviors.
  - a. Be aware of the person God created you to be, in all your potential and giftedness.
    - i. Let that ideal inner person be a constant companion that explores the things of the Spirit with you.
    - ii. Choose to align yourself with specific characteristics of Christ that you have reflected on.
  - b. Identify the intentional behaviors you want to put in place to live out the model of Jesus Christ, your highest self, and the feeling of closeness with God.
    - i. Start small. Don't try to change the world. Just change one small part of your life, one step at a time.
    - ii. List three things that you've never done before that are aligned with the characteristics of Christ and with the gifts God has given you.
    - iii. Prioritize them and make a decision to work on the first one.
    - iv. Choose the easiest, and just do it!
3. Commit to beginning a spiritual practice that you will repeat 3-5 times a day.
  - a. This will be your own personalized practice, with the elements that fit you.
  - b. It must be 3-5 times a day to effectively change you. But it doesn't have to involve a lot of time or effort at each repetition.
  - c. The higher the frequency and the more regular the practice, the more quickly transformation and revival take place within you.
4. Establish a plan for your spiritual practice that includes the following:
  - a. Begin with meditation
    - i. The simplest is to take deep breaths, while focusing on the sensation of breathing.

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<sup>1</sup> Based on information in "Grow a New You," by Peggy La Cerra, *Spirituality and Health*, Jan/Feb 2010, (New York: New York, Reading Entertainment Group LLC), pp. 58-63.

- ii. Quiet your mind by paying attention to your breathing for about 2-3 minutes.
  - b. Relive the feeling of being close to God, beloved and enfolded in grace.
    - i. Feelings can motivate our behaviors. So it's helpful to intentionally shift into a feeling that provides the motivation for changed behaviors.
    - ii. Practice shifting into this feeling not just in your spiritual practice, but also in your everyday life experiences.
    - iii. If it helps, keep a journal of the images, photos, symbols, or rituals that help evoke this feeling in you, and refer to it.
  - c. Focus on Christ as the model and remind yourself of the one small step you wish to take to become more Christ-like. Offer a prayer to make that intention live in your daily activities.
  - d. Additional routine spiritual practices may be incorporated into it, as you desire.
    - i. Gratitude (such as a gratitude journal)
    - ii. Intercessory prayer
    - iii. Scripture focus (such as *lectio divina*)
  - e. Close with thanks to God, and a moment of silent waiting in God's presence
- 5. Between sessions of spiritual practice, confer with your ideal self on decisions and behaviors. Try to align your actions to be consistent with Christ. Don't worry about times you fail. Celebrate the times when you succeed.
- 6. Create a special sacred space of your own, where you use symbols that are meaningful to you. If possible, implement your spiritual practice in that sacred space. Over time, work toward making all of your home reflect the concept of sacred space.
- 7. Surround yourself with people who support the highest and best in you. If possible, socialize with others who are also on a journey of transformation and revival.
- 8. Begin to create a community of people who are committed to transforming not only their inner beings, but also the larger community around them. Meet and support one another. Share the journey. Learn from one another.