

# “RENEWED”

“Rest and recovery for the weary in mind”

*“And be renewed in the spirit of your mind” [Ephesians 4:23]*

Renewed is a ministry of practical help for anyone who feels overcome by the symptoms of stress, strain, tension, and trauma from life’s pressures and problems. Through love, teaching, and the support of others in the Renewed program, Renewed offers help and hope for those who are weak, weary, and worried.

Each week, people just like you meet to learn about the symptoms of stress and distress, through the teaching ministry of Renewed’s Founder - Pastor Raymond M. Barnett. Lessons include:

- How stress and tension affect the body with adverse symptoms
- How simple instructions from the Bible can give you relief from everything such as sweaty palms and rapid heartbeat, to feelings of panic, distress, fatigue, and even suicide
- How through 12 simple principles, you can learn the love and of God, and His will to keep you free from anxiety, depression, and many other disturbing maladies of the mind
- How to apply the 12 principles taught in Renewed to your daily life in order to obtain, and maintain a sound mind, body, and spirit.

If you or anyone you know feels helpless, out of control, or even hopeless, let Renewed help to restore you to a new life filled with joy, strength, and a new confidence to meet life’s demands!