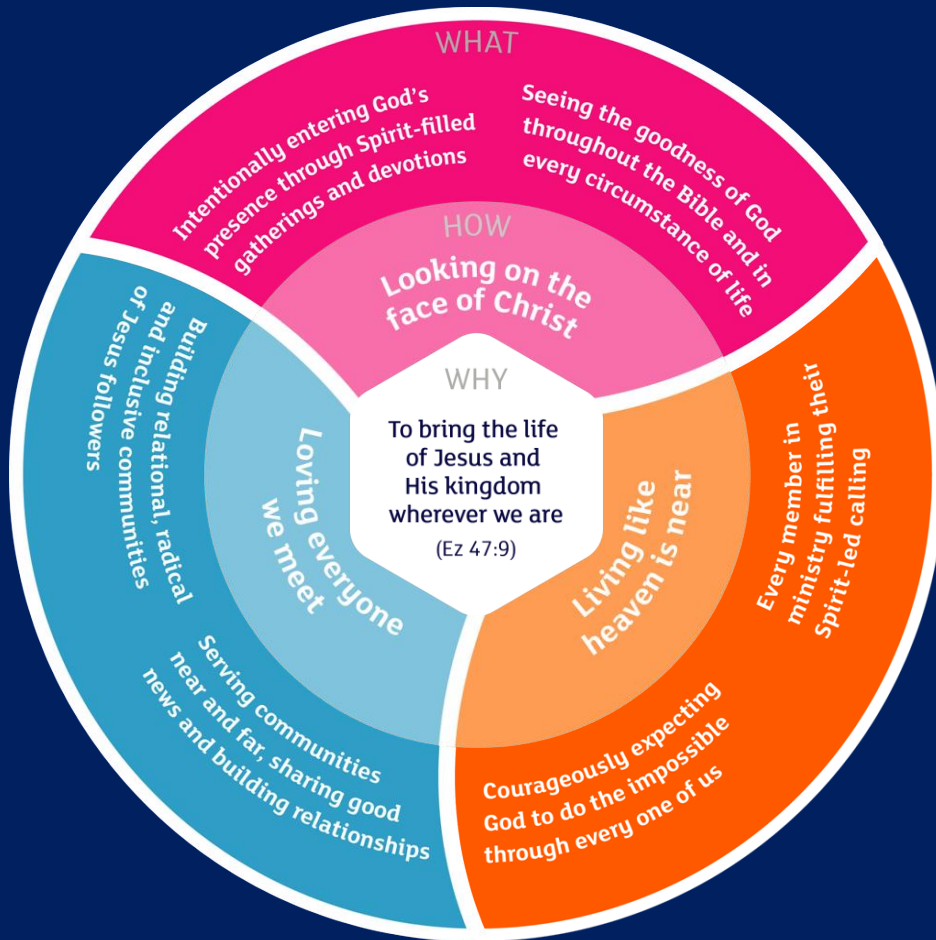




River Together
“R”
Rejuvenation
October 2019



Heart
WHY



Head
HOW



Hands
WHAT





Rejuvenate





**Russian Hearts
Renewed Hearts
Rejuvenated Hearts**



WHY

To bring the life
of Jesus and
His kingdom
wherever we are
(Ez 47:9)



For as he thinks in his heart, so is he.
“Eat and drink!” he says to you,
But his heart is not with you.

Proverbs 23:7 NKJV



WHY

To bring the life
of Jesus and
His kingdom
wherever we are
(Ez 47:9)

Anxiety in the heart of man causes
depression,
But a good word makes it glad.

Proverbs 12:25 NKJV





WHY

To bring the life
of Jesus and
His kingdom
wherever we are
(Ez 47:9)

For the word of God is living and powerful,
and sharper than any two-edged sword,
piercing even to the division of soul and
spirit, and of joints and marrow, and is a
discerner of the thoughts and intents of the
heart.

Hebrews 4:12 NKJV



Heart
WHY



Head
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Hands
WHAT





Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things.

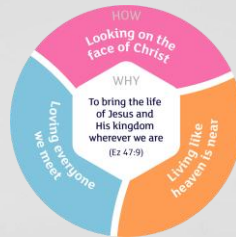
Philippians 4:8 NKJV

Flight - CANCELLED

Carly Rejuvenated Thinking

Thank you for all of the love yesterday lovely people. It was a day rife with opportunity to observe character and behaviour in motion... boy were there triggers and truths kicking around like crazy! Here's what I learnt or had re-enforced:

1. When you fight against reality you only hurt yourself. I could have spend the whole evening playing a game of 'shoulds' in my mind (and believe me... many were) but that gap between 'what is' and 'what you believe should be' only causes stress, anger, anxiety and yet it changes nothing, except your own personal state.
2. When expectations aren't met, people can be super mean to people... me me me mentality kicks in (and whilst I completely get and welcome righteous anger) the poor deliverers of the message "your flight is cancelled" got some serious rudeness and anger directed at them... and again.... it achieved nothing.
3. Character (for me) = being extraordinary in the face of turbulence... bend the trend. In a sea of anger show kindness, smile (a big fat genuine smile) and notice the joy you get back. I had some wonderful conversations with some people yesterday who were understandably feeling very grumpy, yet we were able to have a giggle, roll our eyes and look for the silver lining.



“For My thoughts are not
your thoughts,
Nor are your ways My
ways,” says the Lord.
”For as the heavens are
higher than the earth,
So are My ways higher than
your ways,
And My thoughts than your
thoughts.

Isaiah 55:8-9 NKJV

Heart
WHY



Head
HOW



Hands
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But be doers of the word, and not hearers only, deceiving yourselves. For if anyone is a hearer of the word and not a doer, he is like a man observing his natural face in a mirror; for he observes himself, goes away, and immediately forgets what kind of man he was. But he who looks into the perfect law of liberty and continues in it, and is not a forgetful hearer but a doer of the work, this one will be blessed in what he does.

James 1:22-25 NKJV



1. Love wins. There was a moment when what felt like over 100 people were standing in a queue for their hotel room. It was manic. And spirits were being tested. Shoving, pushing, trying to squeeze forward. I noticed a lady, two people in front of me, standing there with her shoulders shaking... I knew she was crying. She had a small baby in a carrier attached to her front. So I tapped her gently on her arm and asked if there was anything I could do. She thanked me and said 'no' but the lady behind me said 'I'm not having that...' and together we marched the lady and her baby to the front of the queue. I'll never know what had her so distressed but kindness ruled in that moment and hopefully a difference was made.

2. Finally.... you can grumble about the rain or dance with your hands in the air like a maniac and get wet... I've just had the funniest moment of the last 24hrs. I'm tired. Super tired and hopeful that today I'll get my flight Sanity and humanity RESTORED for today...

Have I not commanded you? Be strong and of good courage; do not be afraid, nor be dismayed, for the Lord your God is with you wherever you go.”

Joshua 1:9 NKJV



Heart
WHY



Head
HOW



Hands
WHAT





“R” Respond



Not good enough
Rejected – Criticised
Made fun of – Laughed at
Failure – Disappointment
Financial loss
Abused – Bullying - Hurt
Grief - Separation
Lied to – Lied about - Betrayal
SIN – South Instead North
Guilt & Shame & Unforgiveness
Depression
Mental health - Stressed
Taken advantage of
Trauma – Tragedy
Exhaustion – Fatigue – Fed up
Abandonment – Neglect
Oppressed - Embarrassed
Broken heart – Sad - Lonely







He found him out in the wilderness,
in an empty, windswept
wasteland.

He threw his arms around him,
lavished attention on him,
guarding him as the apple of his
eye.

He was like an eagle hovering over its
nest,
overshadowing its young,
Then spreading its wings, lifting
them into the air,
teaching them to fly.

DEUTERONOMY 32:8-12 MSG



**O You who save those who
trust in You
From those who rise up
against them.
Keep me as the apple of
Your eye;
Hide me under the
shadow of Your wings**

PSALM 17:5-8 NKJV