

“Revitalizing our lives is needed today! The format of this interactive work encourages me to want to read this book, sharpen my focus, personally improve, and accept the blessing of daily revitalizing my life. The text is Godly, the action steps are open minded, and the power of God refreshing.”

— **Thelma Wells**, D.D., Professional Speaker and Mentor,
Author of 41 published books,
Core Speaker for *Women of Faith* for 22 years

“Carole Brewer is one of the most genuine women of faith I’ve ever known. Her *Revitalize* study is a refreshing wash of truth and inspiration. Each page will challenge you to grow your faith and trust in God, even in the most difficult times. Thank you, Carole, for sharing your heart and journey with us — reminding us that while there are many good things we can do, the most important thing we do for ourselves and the ones we love is to refresh, renew, and revive our spirits every day.”

— **Jennifer Strickland**, former model, speaker,
author of *Beautiful Lies*, *Girl Perfect*, and
More Beautiful Than You Know

“Honest, accessible and humorous, Carole Brewer’s *Revitalize* delivers exactly what it promises: spiritual refreshment for all who navigate busy and demanding lives. Peppered with wonderfully personal insights and anecdotes, this devotional is also solidly grounded in the truths of Scripture and gently challenges with thought provoking questions. This is an appealing and uplifting book for one’s personal journey or one shared with a group.”

— **Marion MacKenzie Pyle**, M.A.,
Producer and Director for Legacy Media Lab,
Host, Speaker, Author of *Healed*, *Healthy*, and *Whole*

“What a fantastic new devotional on a needed topic by Carole Brewer. I couldn't put it down and highly recommend it to you! Bravo!

— **Marnie Swedberg**, Perspective Transformation Author,
Speaker & Radio Host,
Founder of *WomenSpeakers.com*

“This devotional is a download from heaven. Carole is a gifted writer but what is different about this devotional is God's signature is everywhere; without a doubt the Holy Spirit and Carole did this together.”

— **Maralee Dawn**, President Maralee Dawn Ministries,
Director Daystar TV Canada,
Host of *Passionate Women* and *Maralee Dawn and Friends*

“Revitalize is the resource whose time has come! When I first read through the pages of this engaging devotional, I was immediately encouraged with grace, hope, and love. Inspirational and biblically-sound, Revitalize challenges me to genuinely examine my conscience and live beyond mediocrity into the fullness of God. It's wonderful to have a source that captures the true heart of transformation.”

— **Kim Renga**, D.A., Communications and Educational Consultant,
Founder of *Reimagining Life Today!*

“Carole Brewer's expertly written devotional is a refuge for the soul and a bold reminder that peace is only found in God's presence. This book is a gift to the body of Christ.”

— **Deborah Smith Pegues**, CPA/MBA, TV Host,
Author of *30 Days to Taming Your Tongue* (one million sold)
and *Emergency Prayers*

“Revitalize is a devotional that will lift your spirit! Carole’s captivating stories and thought-provoking questions will point you to a closer walk with Jesus Christ.”

— **Suellen Roberts**, Founder & President,
Christian Women in Media Association

“I loved this devotional! The first four days are in a specific format and Day 5 focuses on the Lord with Surrender, Pray, and Arise. Carole’s questions are interesting and thought-provoking. I loved her transparency through her stories and her songs at the end of each week spoke to my heart. I would highly recommend Revitalize for any woman to read and enjoy!”

— **“Suz”anne Sneath**, Associate Pastor,
New Life Community Church, Fair Oaks, CA

“In her delightful book, Carole shares life-transforming truth from her heart. She also shares God’s unfailing love to refresh and renew the spirit of those who need His loving touch.”

— **Ruth Beeler Crow**, Speaker, Bible Teacher,
Author of *My Personal Time with God Activity Book*

“Carole Brewer’s fascinating book is well thought out and I can see the Holy Spirit’s inspiration in her words. She encourages our individual analysis ... *for such a time as this*, (Esther 4:14) and has a beautiful way of showing her love and confidence for the Lord.”

— **June Durr**, Marketing & Public Relations Consultant
CLASS Motivational Speaker, Author of *Grandma's Amazing Arm*
and *The Adventures of Malia Mouse*

"I enjoyed Carole Brewer's devotional, "Revitalize - Refresh, Renew and Revive Your Spirit Now". It is full of wonderful testimonies, has a great outline for pondering the Word of God, and includes stories taken from her own life. I love that it is not just a daily devotional with a static devotion for the day, but presents questions and leaves room to prayerfully seek God for insight and understanding. I like how the book is organized with reoccurring daily themes for each week. My personal favorite is "A Spa for My Heart". We as women so desperately need spa days for our heart and spirit! Carole's book is a beautiful medley of scriptures, stories, songs, devotionals, and questions that make it a perfect book for a women's study or just your own personal devotional. Knowing Carole personally, I sense her heart and spirit in the pages of this sweet devotional that is sure to "Revitalize" those who read it. Thank you for sharing your heart and life with us Carole!"

— **Carol Doyel**, Author, Speaker,
Editor-in-Chief and Founder of *LivingBetter50.com*

Revitalize

Refresh, Renew & Revive
Your Spirit Now

CAROLE BREWER

A Six-Week Devotional
for Personal or Group Study

Published by
CAROLE BREWER
Ministries

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Week One

A New Beginning



Enlighten Up

DAY 1 - Paddle Forward

I've always loved rides that inspire me to sound off with a loud "Whee!" or "Yee-haw!" While visiting the Canadian Rockies, my husband and I decided to try a white-water raft trip.

After wriggling into wetsuits, rubber booties, and life jackets, we received a crash course in dry dock on rowing etiquette.

- *Paddle forward*
- *Paddle backward*
- *Stop*
- *Paddles up*
- *Rest*

Those commands seemed easy enough to follow.

Our group of seven gripped the side-ropes of our raft and lugged it downhill to the river's edge—a pebbly beach just around the bend from the bottom of the magnificent, roaring Athabasca Falls!

Quickly choosing our seats, we braced ourselves while our guide at the back calmly said, "Ready? Paddle forward." In less than a minute, we were bouncing through frothy swirls—the kind you'd find inside a giant Maytag operating in the heavy load cycle.

Paddling forward through the suds and working hard at it, we encountered *holes*, *pour-overs*, and other types of swirls found in a rushing river. I shouted to my crewmates as the icy water splashed against my cheeks, "I'm having a glacial facial!"

Five miles into our ten-mile trek, our guide gave us a surprising break. By following his commands, we maneuvered our rubber boat into an “eddy”—a calm pool of almost still water located on the backside of a huge protruding boulder. With rapids encircling us, it was amazing to rest and be protected from all the turbulence.

With his clear and specific commands, our guide made it possible for our team of paddlers to negotiate twenty sets of rapids and enjoy relaxing floats in-between.

And then with the white-water behind us, our guide again piped up, “Would anyone like to give my job a try?” Without a second thought, I jumped up thinking I would excel at the seemingly simple task. He handed me his larger paddle and I took his seat in the back of the raft.

“Ready? ...Mush!” I jokingly ordered.

As my group rowed, we immediately started turning to the left. Trying to conceal my embarrassment, I exclaimed in my best tour-guide voice, “We are now rotating. Just keep paddling and enjoy the view!” They all laughed and we completed our turn. Again I tried, saying, “Paddle forward!” The patient crew paddled with me into a second turn to the left and then a third. Exasperated with our dizzy course, I humbly and gratefully relinquished my seat of authority back to our expert guide.

What had I missed? Other than responding to our guide’s voice commands coming from behind, the scenery and action ahead drew most of my attention. I didn’t know how a rudder works; in this case his big paddle. A rudder, according to the dictionary, is a vertical blade at the stern of a vessel that can be turned horizontally to change the vessel’s direction when in motion. Our guide did just that making our efforts to paddle forward a success.

Through this exhilarating and *refreshing* experience, I’ve learned that without the presence of our eternal Guide, we can take meaningless life-spirals. When relinquishing our will to God’s, the life-journeys

Renewing My Trust

DAY 2 - Name Them

Let's admit it. To renew our trust in God, we have to name the hurts and discouragements that have caused us to need our faith revitalized. A friend once told me, "you have to purge the puss before healing can begin." Ouch! Yes, it does hurt, but by identifying the source, we know what to relinquish into God's hands.

Personally, I've been disappointed many times for not getting certain things I thought I wanted. I've been snubbed and rejected over the years in different competitive situations. I've experienced grief over the loss of loved ones, and I'm not crazy about getting older. I could give you my entire list, but I think you get the picture.

Compared to most people, I'm just about normal. Life situations can get me down and away from where I need to be; in God's presence and in His Word.

Our enemy, Satan, is an angel but a fallen one with no interest in guarding us. He has targeted me with the intention of destroying my life, and you're not exempt from his plans either. (1 Peter 5:8) Satan is our #1 enemy who uses all the unhappy, frustrating, tragic but common life occurrences to dis-courage us. Extracting courage from you and me is what he excels in!

Satan's main weapons are lies and his purpose is to keep us away from God's Word. It's a spiritual battle we can't see, but oh, it's all around us! Just turn on the news.

"For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms," (Ephesians 6:12).

Our only defense against our enemy's schemes is God's Word, the sword of the Spirit! (Ephesians 6:17) It's very powerful, but it takes practice to use it well. When I was growing up, my great-grandparent's 1871 Bible was concealed under a pile of books and magazines. That beautiful sword was hidden from view and its cutting, dividing, double-edged capabilities were far away from my family's consciousness.

Let's name the hurts and discouragements...and the enemy who seeks to grow our emotional pain like cancer. Then, we can uncover the truth, root out the debilitating hurts, and open both our hearts and minds to learn, practice, and trust God's Word again! He is our Healer.

"I will tell you what is written in the Book of Truth," (Daniel 10:21).

"All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, 17 so that the servant of God may be thoroughly equipped for every good work," (2 Timothy 3:16-17).

"I have told you these things, so that in me you may have peace. In this world, you will have trouble. But take heart! I have overcome the world" (John 16:33).

Just between God & me:

1. What recent hurts can you name?

2. Can you name the things that are keeping you from completely trusting God?

3. What discouragers does Satan most often use to taunt you?

How to Use this Book

Reitalize is divided into six weeks with five devotionals per week. You can also choose to go straight through as a 30-day devotional.

Depending on your work week, assign your starting day. Do make sure, whether you're in this book or not, to take your Sabbath rest. God ordains it and it's so important for our spiritual health.

During the six weeks, each of the five days has the same recurring theme:

- **Enlighten Up**
- **Renewing My Trust**
- **Getting the Tangles Out**
- **Rediscovering Me**
- **A SPA for My Heart**

Days 1 through 4 will give you a chance to write your personal thoughts about the questions I've placed under the heading **Just between God and me:**

If you're going through this devotional with a group, add the comments you feel comfortable sharing under **Thoughts for sharing with others:**

Whether with your group, in a blog post, or sharing on social networking, the insights you gain can be used by God in a powerful way to make a difference in someone else's life.

DAY 5- A SPA for My Heart is your time to be alone with God.

Here are the sections:

SURRENDER – a time to remember the points made in the previous four lessons and your responses to the questions. Add into your prayer time the topics and Scriptures that have especially resonated with you.

PRAY - Find a quiet place to spend time in God's presence. Treasure your personal visits knowing that Jesus, both Most High King and Shepherd of Souls will be listening to your every word as you share your praise and petitions with Him.

On Day 5 of every week, the order of prayer includes Adoration, Confession, Supplication, Intercession, and Thanksgiving. It will be a helpful guide but please remember there are no set rules for talking with God. Sincere prayers from your heart are what matter most. Let the Holy Spirit direct your conversation.

ARISE – With God's peace that passes all understanding, move into your daily life knowing He is always with you.

Just a note about the graphics: I've placed key photos from my Revitalize presentations throughout this book in hopes that they clearly speak to visual learners.

Then to end each week, I'm blessed to share one of my original songs. My lyrics are in poetic form to encourage you and confirm God's presence and power in your life.

Suggestions for Group Leaders

Thank you for leading Revitalize as a group study! Here are some ideas for structuring your time together:

- Plan a weekly gathering over a six-week period.
- Depending on the number of attendees, divide into small groups of 4-8 around each table or a circle of chairs.
- At the first meeting, let each woman share a little about herself in her small group—2-3 minutes per person. (i.e. name, where she's from, vocation, hobbies, etc.)
- Begin each session with 10 minutes of singing songs of praise and worship. Ask someone to lead using guitar, piano, or pre-recorded accompaniment tracks.
- Each week, play **A Song to Bless** using your computer or phone with speakers the group can hear. Go to YouTube.com and put in the link for that week listed on Pg. 142. Song downloads are also available for purchase on Amazon.com.
- Take time for praise reports, prayer requests, and prayer.
- Re-read or paraphrase the lessons for the week and comment on the Scripture references.
- Because there will be many personal answers under the title "**Just Between God and Me**", some participants may not prefer to bring their books to the group meeting. Handouts will provide a safe way for the ladies to bring their notes each week.

Download the FREE Revitalize group handouts

@ <http://www.carolebrewer.com/womens-events>