

RENEW and REFRESH

**New Ideas refresh my mind
and renew my body.
I am renewed, refreshed and regenerated.**

When Lot's wife looked back, she became crystallized. Those who hold to old ideas, thoughts of the past, become crystallized in mind and body. There is stagnation in backward vision.

New and fresh ideas alone can regenerate and renew us. We must always keep our eyes to the front, facing the light. Let us turn our backs to the darkness of the past.

New ideas give new stimuli to the brain cells; a new life is set up and new life is generated. The mind is refreshed because the stagnation of old beliefs is relieved.

When we supply the brain with new ideas, we nourish the mind. We give it new food for thought. New ideas are to the stifled brain as a breath of fresh air is to suffocated lungs.

The mind which is renewed through new ideas will renew and refresh the body. The old body cells will give place to new ones. Muscles, nerves, cells, and blood will be renewed and revitalized.

The business which comes under the management of a mind of new ideas takes on a new life and new growth. Success and prosperity follow in its wake.

Be ye transformed by the renewing of your mind. – Romans 12:2