

# Soul Refreshing.

## We live in a Tired World...

- Technology has made things more complex not easier.
- Our world is obsessed with output quantity and not always quality.
- We're willing to slay the goose that lays the golden eggs.

We're not only tired in our bodies – but emotionally and spiritually too.

## So, how do we get Refreshed?

How do we restore / revive / refresh our souls?

### 1. **Return to the Lord your God.**

We will not find peace for our souls until we have found peace with God.

*ACTS 3:19 Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord.*

Finding Peace with God will involve slotting into God's plan for our lives.

*JER 31:23 This is what the LORD Almighty, the God of Israel, says: "When I bring them back from captivity, the people in the land of Judah and in its towns will once again use these words: 'The LORD bless you, O righteous dwelling, O sacred mountain.'<sup>24</sup> People will live together in Judah and all its towns--farmers and those who move about with their flocks.<sup>25</sup> I will refresh the weary and satisfy the faint."*

### 2. **Spend TIME in God's Presence.**

TIME = Take Intimate Moments with the Eternal One.

Learn the value of quietness, reflection and prayer.

*PS 23:1 The LORD is my shepherd, I shall not be in want.<sup>2</sup> He makes me lie down in green pastures, He leads me beside quiet waters,<sup>3</sup> He restores my soul.*

Spend time in God's Word.

*PS 19:7 The law of the LORD is perfect, reviving the soul.*

### 3. **Observe the Sabbath**

This is an area we really need to grow in...

*EX 23:12 "Six days do your work, but on the seventh day do not work, so that your ox and your donkey may rest and the slave born in your household, and the alien as well, may be refreshed.*

### 4. **Spend time of Fellow Believers who will refresh you.**

This is the "iron sharpens iron principle".

*Rom 15:32 so that by God's will I may come to you with joy and together with you be refreshed.*

*2COR 7:13 In addition to our own encouragement, we were especially delighted to see how happy Titus was, because his spirit has been refreshed by all of you.*

*2TIM 1:16 May the Lord show mercy to the household of Onesiphorus, because he often refreshed me and was not ashamed of my chains.*

*PHM 1:4 I always thank my God as I remember you in my prayers,<sup>5</sup> because I hear about your faith in the Lord Jesus and your love for all the saints...<sup>7</sup> Your love has given me great joy and encouragement, because you, brother, have refreshed the hearts of the saints.*

### 5. **Service to Others.**

As strange as this sounds, it can have massive benefits...

*PR 11:25 A generous man will prosper; he who refreshes others will himself be refreshed.*

*PHM 1:20 I do wish, brother, that I may have some benefit from you in the Lord; refresh my heart in Christ.*