

# Refresh

## Part 1

### Opening text: Acts 3:13-21

**V.19-20** - *Repent therefore and be converted, that your sins may be blotted out, so that times of refreshing may come from the presence of the Lord, <sup>20</sup> and that He may send Jesus Christ, who was preached to you before, <sup>21</sup> whom heaven must receive until the times of restoration of all things...*

**V.26** - *To you first, God, having raised up His Servant Jesus, sent Him to bless you, in turning away every one of you from your iniquities.”*

**Introduction:** The healing of a man, disabled from birth, in the name of Jesus, gave Peter a powerful platform to preach the Gospel. This miracle took place right before many people going into the temple at the hour of prayer. It became evident to all that there was something powerful and authentic about this Jesus Peter preached.

These were religious people but it became evident to them that whatever they had, couldn't compare with what had just happened. They needed Jesus also.

Peter told them to have faith in Jesus and then about two things that would happen if they would repent and change direction:

1. Their sins were going to be wiped out, once and for all (no more yearly sacrifices of goats and bulls were needed. Jesus, the Lamb of God, had once and for all dealt with their offenses).
2. Times of refreshing were going to come from the presence of the Lord.

**Acts 3:19AMPC** - *So repent (change your mind and purpose); turn around and return to God, that your sins may be erased (blotted out, wiped clean), that **times of refreshing (of recovering from the effects of heat, of reviving with fresh air) may come from the presence of the Lord;***

Living in a fallen world is like being in an environment similar to a desert, being subjected to the 'effects of the heat' – depleted, burnt out, thirsty and tired. Turning to Jesus comes with the offer of the antidote to that environment: the promise of times of refreshing, of recovering from the effects of the heat, reviving, fresh air!

In the Greek language, the word used here is *anasuxis*, which literally means “recovery of breath” or simply “revival”.

V. 26 says that God “*sent Him to bless you*”: refreshing is a wonderful blessing of the gospel. It is part of Jesus came to give us.

**“So that times of refreshing may come from the presence of the Lord”**

### 1. In Genesis

Right from Genesis 3 we see how God desired for men to walk in that blessing. Notice that He visited Adam *in the cool of the day* – when it was fresh and pleasant.

NLT – “*in the cool evening breezes*”

In that same chapter 3 we see that the ‘cool evening breezes’ stopped for man when he sinned. That blessing stopped and what followed was the curse that mentioned the sweat of Adam’s brow. Sweat is a direct effect of heat.

Mankind chose to live outside the umbrella of God’s blessing. Outside, we became exposed, vulnerable, we became subjected to all the evil that the devil brought into this world. We traded the Garden for a desert.

This fallen world took its toll on mankind: we became needy, weakened, weary, thirsty and hungry. When God looked from heaven, we had fallen short of His plan, we were debilitated by sin and attacked by the enemy. We needed a saviour!

That is why Jesus made these 3 invitations when he came:

**Matthew 11:28** - *Come to Me, all you who labour and are heavy laden, and I will give you rest.*

**John 6:35** - *And Jesus said to them, “I am the bread of life. He who comes to Me shall never hunger, and he who believes in Me shall never thirst.*

**John 7:37** - *37 On the last day, that great day of the feast, Jesus stood and cried out, saying, “If anyone thirsts, let him come to Me and drink. 38 He who believes in Me, as the Scripture has said, out of his heart will flow rivers of living water.”*

Jesus found us heavy laden, hungry and thirsty and he came to offer us exactly what we needed.

Much was lost in the fall of man but Jesus came to restore all that was lost. He came to restore the ‘cool evening breezes’ of God’s presence to our lives! He came to be our shade from the heat.

## **2. In Psalms**

**Psalms 121:5-6** - *The Lord is your keeper; The Lord is your shade at your right hand. 6 The sun shall not strike you by day, nor the moon by night. 7 The Lord shall preserve you from all evil; He shall preserve your soul.*

**Psalms 91:1** - *He who dwells in the secret place of the Most High shall abide under the shadow of the Almighty.*

## **3. In Isaiah**

**Isaiah 25:4** - *For You have been a strength to the poor, a strength to the needy in his distress, a refuge from the storm, a shade from the heat; for the blast of the terrible ones is as a storm against the wall.*

**Isaiah 49:10**

*They shall neither hunger nor thirst, neither heat nor sun shall strike them; For He who has mercy on them will lead them, even by the springs of water He will guide them.*

**4. In Revelation**

**Revelation 7:16-20** *<sup>16</sup>They shall neither hunger anymore nor thirst anymore; the sun shall not strike them, nor any heat; <sup>17</sup>for the Lamb who is in the midst of the throne will shepherd them and lead them to living fountains of waters. And God will wipe away every tear from their eyes.*

From Genesis to its ultimate fulfilment (prophesied in Revelation), God's will is for us to live under the shadow of His wings, to live refreshed, restored, rejuvenated, revived!

Times of refreshing and times of restoration are ours!

**Refreshment from the presence of the Lord**

I want to make 2 final observations:

1. The passage speaks of "Times of refreshing" – plural.

We have to continually be being filled with God and find shelter and refreshing under His wings.

2. The second observation is regarding the importance of the second part of the statement: *refreshing from the presence of the Lord*.

That is where the refreshing comes from. That is where we get healed and restored. That is where we recuperate and get re-energized. That is where we recover from the effects of the heat, where we are revived and where we breath fresh air!

**Matthew 11:29 The Passion Translation (TPT)**

*<sup>29</sup>Simply join your life with mine. Learn my ways and you'll discover that I'm gentle, humble, easy to please. You will find refreshment and rest in me.*