

## REFRESH

### Part 4

Proverbs 11:25 (NIV)

<sup>25</sup> A generous person will prosper; whoever refreshes others will be refreshed.

#### Introduction:

In this scripture, you are encouraged to be refreshed souls! We get there by feasting on God's abundant riches of his presence, his word and by fellowship with others. We are refreshed in our spirits by these things. And being refreshed, we can refresh others. Are we as sensitive to our spiritual needs to draw aside and be refreshed in our spirits as we might be to our physical needs for water?

Refreshing our lives causes us to be alive and ready for action

Why do some of us think that if we are younger it is a refreshing thought? It is because it can mean energy and vitality and hope and health. As believers, we need to have young vital spirits – for our faith to be energetic, hopeful and healthy.

#### Being Refreshed Spiritually

**2 Corinthians 4:16** Therefore we do not lose heart. Though our outer self is wasting away, yet our inner self is being renewed day by day.

Keeping spiritually hydrated – being aware of the presence of God each day is important. To do this we are encouraged to get rid of the things that make us weary and weighed down. This may be to put aside sin that causes us shame, or that keep us as slaves to our wrong desires.

Eph 4:22 You were taught to put off your former way of life, your old self, which is being corrupted by its deceitful desires; 23 to be renewed in the spirit of your minds; 24 and to put on the new self, created to be like God in true righteousness and holiness

We become renewed through the things that we put our minds on. We can spend time, letting God wash us with the word and asking for his Holy Spirit to help us to discover the freshness and the beauty and the delight of increasing his own life in us – the freedom of righteousness and holiness – there is nothing like this

#### Revival

Acts 3:19 God's Word translation: So change the way you think and act, and turn [to God] to have your sins removed.

Ps 68:6 NIV God sets the lonely in families, he leads out the prisoners with singing; but the rebellious live in a sun-scorched land.

Coming to Jesus in a humble way, asking him to forgive you and to refresh your spirit and help you to have a new heart that wants to follow him fully is refreshing

It is important to go back to the source of life – to find time to be with God alone.

Listen to praise and worship music  
Get alone with God to read the Bible and spend time meditating on what you have read, and pray  
Come to church to enter into worship – not just listen to it.

These things are the glasses of spiritual water that we need on a regular basis.

### **Giving Out is Refreshing**

This scripture in Proverbs shows that there is yet another way we become spiritually refreshed. We need to look out for others who are needing replenishing.

1 Corinthians 10:24 (LSG) that no one seeks his own interest, but that everyone seeks that of others.”

The Bible gives us many examples of this such as David and his army being refreshed by those who were on his side and Elisha being hosted and refreshed by a widow woman 2 Kings 4:8 – in each of these examples, the people who did the refreshing were later rewarded by being refreshed or honoured themselves. Hospitality and opening our hearts and homes to others is a biblical precedent. It was a way of life for the Israelites and it should be even more so for us.

Replenishment of ourselves means to be able to do something for someone else to replenish them. Charles Spurgeon said. “If I want to get water I must give water. Though that seems a strange way of self-serving I pray you try it.”

Paul writes in several letters

#### [1 Corinthians 16:18](#) **ESV**

For they refreshed my spirit as well as yours. Give recognition to such men.

#### 2 Timothy 1:16-18 New International Version (NIV)

<sup>16</sup> May the Lord show mercy to the household of Onesiphorus, because he often refreshed me and was not ashamed of my chains. <sup>17</sup> On the contrary, when he was in Rome, he searched hard for me until he found me.

#### [Romans 15:32](#) **ESV**

So that by God's will I may come to you with joy and be refreshed in your company.

#### [2 Corinthians 7:13](#) **ESV**

Therefore we are comforted. And besides our own comfort, we rejoiced still more at the joy of Titus, because his spirit has been refreshed by you all.

#### [Philemon 1:7](#)

Your love has given me great joy and encouragement, because you, brother, have refreshed the hearts of the Lord's people.