

Refreshed

Proverbs 11:25 (NIV)

A generous person will prosper;
whoever refreshes others will be refreshed.

Proverbs 11:25

The generous man will be prosperous,
And he who waters will himself be watered.

Proverbs 11:25 (Passion Translation NT)

Those who live to bless others
will have blessings heaped upon them,
and the one who pours out his life to pour out blessings
will be saturated with favor.

The Hebrew phrase here literally means "The soul of blessing will grow fat." (Passion Translation NT)

FATNESS

Isaiah 10:27 (NKJV)

It shall come to pass in that day
That his burden will be taken away from your shoulder,
And his yoke from your neck,
And the yoke will be destroyed because of the anointing oil.

Isaiah 10:27

So it will be in that day, that his burden will be removed from your
shoulders and his yoke from your neck, and the yoke will be broken
because of fatness.

Have you ever wondered why some people grow and prosper and others don't?

- They read the same Bible
- Spend time praying
- Go to the same church
- Hear the same sermons
- So why are they seemingly so much more blessed
- Walk in greater victory
- Experience more power
- Display greater joy

One of the reasons we don't increase, expand and grow fat is because we are self centred and self focused.

Our opening text answers our question

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How do we “refresh” others?

Generosity

Hold on and lose it.... Give it away and keep it....

Haggai 1:5-6

Now therefore, thus says the Lord of hosts, “Consider your ways! 6 You have sown much, but harvest little; you eat, but there is not enough to be satisfied; you drink, but there is not enough to become drunk; you put on clothing, but no one is warm enough; and he who earns, earns wages to put into a purse with holes.”

Haggai 1:9

“You look for much, but behold, it comes to little; when you bring it home, I blow it away. Why?” declares the Lord of hosts, “Because of My house which lies desolate, while each of you runs to his own house.

- We need to develop a generous spirit

This is a life style, much more than just making an offering on a Sunday morning, it must be come a way of life.

Acts 20:35

In everything I showed you that by working hard in this manner you must help the weak and remember the words of the Lord Jesus, that He Himself said, ‘It is more blessed to give than to receive.’”

Acts 20:35 (Passion Translation NT)

I’ve left you an example of how you should serve and take care of those who are weak. For we must always cherish the words of our Lord Jesus, who taught, ‘Giving brings a far greater blessing than receiving.’”

- Refreshing through giving

Galatians 6:6-10

The one who is taught the word is to share all good things with the one who teaches him. 7 Do not be deceived, God is not mocked; for whatever a man sows, this he will also reap. 8 For the one who sows to his own flesh will from the flesh reap corruption, but the one who sows to the Spirit will from the Spirit reap eternal life. 9 Let us not lose heart in doing good, for in due time we will reap if we do not grow weary. 10 So then, while we have opportunity, let us do good to all people, and especially to those who are of the household of the faith.

- Words of refreshing

Proverbs 15:30 (Passion Translation NT)

Eyes that focus on what is beautiful bring joy to the heart,
and hearing a good report refreshes and strengthens the inner being.

Proverbs 10:11

The mouth of the righteous is a fountain of life,

Proverbs 10:11 (Passion Translation NT)

The teachings of the lovers of God are like
living truth flowing from the fountain of life,

Proverbs 10:11 (NLT)

The words of the godly are a life-giving fountain;

A fountain: A flow of water

You stand under a fountain on a hot day and you are refreshed.

We can be that fountain of life refreshing others with our words.

"A mutual admiration Society"

- Refreshing in fellowship

Romans 15:32 (NKJV)

that I may come to you with joy by the will of God, and may be
refreshed together with you.

Romans 15:32 (Passion Translation NT)

Then he will send me to you with great joy in the pleasure of God's will,
and I will be spiritually refreshed by your fellowship.

Times of refreshing

We must stay true to the original context and opening passage of this series.

Acts 3:19

Therefore repent and return, so that your sins may be wiped away, in
order that times of refreshing may come from the presence of the Lord;

God's refreshing through Jesus and His cross is to bring the restoration of the Kingdom of God into
our lives, spirit soul and body.

The Lord wants to restore in our lives everything that was meant to be before the fall of man

- The fundamental underlining truth which this series began with is....
 - Refreshing that comes from the presence of Lord and that refreshing is only possible in Jesus in all His fullness.

- Hungry for His presence

Isaiah prophesied of these days

Isaiah 12:1-6

Then you will say on that day,

"I will give thanks to You, O Lord;

For although You were angry with me,

Your anger is turned away,

And You comfort me.

2 "Behold, God is my salvation,

I will trust and not be afraid;

For the Lord God is my strength and song,

And He has become my salvation."

3 Therefore you will joyously draw water

From the springs of salvation.

4 And in that day you will say,

"Give thanks to the Lord, call on His name.

Make known His deeds among the peoples;

Make them remember that His name is exalted."

5 Praise the Lord in song, for He has done excellent things;

Let this be known throughout the earth.

6 Cry aloud and shout for joy, O inhabitant of Zion,

For great in your midst is the Holy One of Israel.

- Our refreshing only comes from the presence of Lord
- This is the only way anyone else can be refreshed

They too must come to the Lord

I believe this message is pivotal to this whole series.

You want to be refreshed?

We must refresh others!

- Therefore our main focus must be to introduce people to Jesus, so that their own refreshing can come from the presence of the Lord.
- This will bring a great increase into our lives as we bless others in Jesus name.

Proverbs 11:25 (Passion Translation NT)

Those who live to bless others

will have blessings heaped upon them,

and the one who pours out his life to pour out blessings

will be saturated with favor.

- When make our priority the salvation of others, great refreshing will flow into our lives.

Isaiah 12:3

Therefore you will joyously draw water

From the springs of salvation.

If you want to experience the fullness of God's blessing flooding your life then you must allow the river of the Holy Spirit to flow in and out of you in abundance.

John 7:37-39

Now on the last day, the great day of the feast, Jesus stood and cried out, saying, " If anyone is thirsty, let him come to Me and drink. 38 He who believes in Me, as the Scripture said, 'From his innermost being will flow rivers of living water.'" 39 But this He spoke of the Spirit, whom those who believed in Him were to receive; for the Spirit was not yet given, because Jesus was not yet glorified.

- It is the Holy Spirit who God sends to us
- We must remain thirsty for more of Him

And we are filled and overflowing with His fulness then we can truly bless and refresh others.

We could call it...

THE GREAT CYCLE OF LIFE!

Give and it will be given back to you!

Luke 6:38

Give, and it will be given to you. They will pour into your lap a good measure—pressed down, shaken together, and running over. For by your standard of measure it will be measured to you in return."

When you are feeling down find someone to refresh and see what happens to you.

Ministering to others I am always refreshed!

- The greatest refreshing we can offer anyone is Jesus

Matthew 10:7

And as you go, preach, saying, 'The kingdom of heaven is at hand.' 8 Heal the sick, raise the dead, cleanse the lepers, cast out demons. Freely you received, freely give.

Whoever refreshes others will be refreshed.

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