

more to be

a time of soul
refreshment

REFRESH

In all honesty, how are you really doing, right here, right now? Are you tired? Weary? Stressed out? Anxious? Overwhelmed? How's your faith holding up under the strains of life? Is the noise of life drowning out God's voice? My sweet one, it is time for you to be refreshed in body, soul, and mind by the renewal the Lord offers through Himself, the Word, and the body of Christ.

refresh your body

Finding time to sleep and simply rest is impossible when the tyranny of the urgent is the guiding force and schedules are designed for optimal accomplishment. But your body and soul need the opportunity to gear down in order to regain strength. You can find this time to rest by honoring the Sabbath, a

*For in six days
the LORD made
the heavens and
the earth, the sea,
and all that is
in them, but he
rested on the
seventh day.
Therefore the
LORD blessed the
Sabbath day and
made it holy.
Exodus 20:11*

Biblical principle set forth by God when He created the world in six days and rested on the seventh (Exodus 20:11), which He also gave as clear instruction throughout the Scriptures.

God made the Sabbath for man, not man for the Sabbath (Mark 2:27), which means there is a delicate balance in keeping the Sabbath holy for the sake of honoring God and receiving the benefits of rest, without attempting to keep the law for the sake of righteousness. Keep the Sabbath by centering your heart on worshipping God and

receiving instruction, followed up by abstaining from the normal routine of work (like homework). Some people prefer to do this from sundown Saturday through sundown Sunday, providing a 24-hour block of time to rest, sleep, relax with friends or family, and, most importantly, to set apart time to focus on the Lord. Taking a break from work to rest will certainly refresh your body!

*There remains, then,
a Sabbath rest for the
people of God for
anyone who enters
God's rest also rests
from his own work,
just as God did from
his. Let us,
therefore, make every
effort to enter that
rest... Hebrews 4:9-11*

refresh your soul

Our souls also need rest, which is only found through having a personal relationship with Jesus Christ. When you confess with your mouth and believe in your heart that Jesus Christ is Lord -- who died on the cross for your sins, rose again on the third day, and is seated in the heavenlies with God -- you, sweet one, are spiritually adopted into the family of God (Romans 10:9-10).

This adoption includes a fantastic inheritance! As a child of God, the power of the Holy Spirit is poured forth, giving you peace, power, and purpose (Ephesians 1), as well as direct access to the ear and heart of the Heavenly Father. Through Christ, there is a never-leaving, always-open channel to God, who readily waits to receive every whisper and wild call of His children.

When you devote time to prayer each day and give over your heavy heart, filled with worry and anxiety, to God, you will find an unquenchable rest for your soul.

refresh your mind

Can you imagine your life without food and water -- without sweet treats, nutrient rich meals, quenching beverages? Envision your body growing weak. Feel the sensations of hunger pangs!

Did you also know that you need spiritual food to nourish your soul? Jesus provides our spiritual nourishment through himself, found in the WORD. Jesus is the Word! He is also the Bread of Life and Living Water. Through a relationship with Him, we are sustained! Through the Scriptures, we are refueled!

*Come to me, all you
who are weary and
burdened, and I will
give you rest.
Matthew 11:28*

*Cast all your
anxiety on Him
because He cares
for you.
1 Peter 5:7*

*I will refresh
the weary and
satisfy the
faint. Jeremiah
31:25*

*Do not be anxious
about anything, but
in everything, by
prayer and petition,
with thanksgiving,
present your requests
to God. And the
peace of God, which
transcends all
understanding, will
guard your hearts
and your minds in
Christ Jesus.
Philippians 4:6-7*

*In the beginning
was the Word, and
the Word was with
God, and the
Word was God. He
was with God in
the beginning...
John 1:1*

Reading the Word daily, and memorizing it, is like eating three square meals a day. It builds up the body and mind, providing strength to withstand the temptations and trials of life. The Word doesn't change circumstances, but it changes perspectives, giving hope in the most hopeless of situations. The Scriptures reveal the character of God, giving the power to believe that He is who He says He is and you are who He says you are, even when your situation seems impossible. The Holy Spirit draws on the Word imparted in your mind to renew your thinking and refresh your life.

refresh your life

Did you know that you can be refreshed by refreshing others? But attitude matters! If your heart is sour, so will be your experience. The heart is the secret place that stores feelings, and the mouth gives those hidden thoughts away (Matthew 12:34). If you want to experience the blessing that comes from refreshing others, you first have to get your heart in check:

- ✓ Am I serving because I have to?
- ✓ Am I serving because I want approval and affirmation of those I am serving or those watching me?
- ✓ Am I serving because I think it will make God like me more?
- ✓ Am I serving because I feel bad about something I did previously and want to make up for it?

Answering yes to any (or all) of these questions reveals that your heart has impure motives, and the outcome will be less than optimal.

By refreshing others you are offer a remarkable gift: God's love wrapped up in human touch and tangible words!

Jesus answered. It is written. Man does not live on bread alone, but on every word that comes from the mouth of God.

Matthew 4:4

Whoever believes in me, as the Scripture has said, streams of living water will flow from within him.

John 7:38

Then Jesus declared, I am the bread of life. He who comes to me will never go hungry, and he who believes in me will never be thirsty.

John 6:35

But if serving the LORD seems undesirable to you, then choose for yourselves this day whom you will serve...But as for me and my household, we will serve the LORD.

Joshua 24:15

...[she] who refreshes others will [herself] be refreshed.

Proverbs 11:25

That gift keeps on giving, blessing the giver as much as the recipient. Jesus demonstrated this very principle when He washed His disciples' feet.

John 13

Jesus Washes His Disciples' Feet

...Having loved his own who were in the world, he now showed them the full extent of his love...³Jesus knew that the Father had put all things under his power, and that he had come from God and was returning to God; ⁴so he got up from the meal, took off his outer clothing, and wrapped a towel around his waist. ⁵After that, he poured water into a basin and began to wash his disciples' feet, drying them with the towel that was wrapped around him...

¹²When he had finished washing their feet, he put on his clothes and returned to his place. "Do you understand what I have done for you?" he asked them. ¹³"You call me 'Teacher' and 'Lord,' and rightly so, for that is what I am. ¹⁴Now that I, your Lord and Teacher, have washed your feet, you also should wash one another's feet. ¹⁵I have set you an example that you should do as I have done for you. ¹⁶I tell you the truth, no servant is greater than his master, nor is a messenger greater than the one who sent him. ¹⁷Now that you know these things, you will be blessed if you do them.

For even the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many.

Mark 10:45

Only in God's economy is it possible to give something up and get something better. Christ took the lowliest of positions, on His knees, serving His followers. The One who ought to be served, served others instead. He is Suffering Servant, totally obedient to the will of His Father, serving to the point of death. It is a mighty task to follow this example -- to lay down our lives for another. It starts simply, but serving others one opportunity at a time. Jesus promises (John 13:17) that if we follow His example, we will be blessed. The goal of refreshing others is to...

- ✓ Follow Christ's example!
- ✓ Love God and obey His Word!
- ✓ Please the Lord, not people!
- ✓ Not be motivated by personal gain!

Serve wholeheartedly, as if you were serving the Lord, not men.

Ephesians 6:7

Learning how to serve with a pure heart takes practice. It means saying yes to opportunities, regardless of feelings, and learning how to get those feelings to line up with a Christ-like attitude. The process may be hard, but the refreshment will come in time!