

more to be

*a time of soul
refreshment*

REFRESH

guide for mentors

invitation to be refreshed

In all honesty, how are you really doing, right here, right now? Are you tired? Weary? Burdened? Are you stressed out? Anxious? Overwhelmed? Do you feel like the world is against you and you simply can stand up against the pressure anymore?

Do you feel like you are swimming in the ocean with the waves continually breaking right on top of you? How's your faith holding up under the current? Are you struggling to hear God speak to you personally, with the noise of life drowning Him out? Do you feel like a shell of a person, walking through the religious motions but without the Spirit of God actually directing your steps?

You are not alone.

If you feel this way, now or in the recent past, you definitely need time to be refreshed in body, soul, and mind. It is time to hit the pause button on your life to find renewal that the Lord offers through Himself, the Word, and the body of Christ.

You are not the only one that needs refreshment. So many tween, teen, and college age gals, as well as plenty of put-together women all around you, are also struggling to find balance in their lives. They, too, need to know how to manage the demands put on them by school or work, family, friends, and even sometimes, themselves. They really need us to figure out how to do it well, so we can teach them the power and purpose of finding rest and refreshment in the Lord.

purpose

The purpose of this guide is to lead you through basic Biblical principles describing how to find refreshment for your body and soul, and to be able to impart that wisdom to the next generation as well as women in your life.

overview

The lesson is divided into four parts, which can be studied as a whole or in sequence as individual lessons.

1. Refresh Your Body...Through Rest
2. Refresh Your Soul...In Relationship with Jesus
3. Refresh Your Mind...With the Word
4. Refresh Your Life...By Serving Others

audience

This lesson can benefit a number of different audiences in a variety of settings:

Individually

As a personal guide for a short spiritual retreat with the Lord.

One-on-One

This could easily be used as a topical discussion guide in any age/season mentoring or accountability relationships.

In a Group Setting, Such as ETC.

This topic is great to use as a one, two, or four-part topical study with tween, teen, or college age gals, as well as for a women's Bible study or event. It is also ideal for an ETC. discussion topic.

As a Spa Party

This could be especially fun to use as a guide for hosting a Spa Night for any age group or setting. It works brilliantly with tween, teen, and college age girls, but would be just as enjoyable to do as a women's ministry gathering or a party for a new mother or bride, or as a way of showing love to recent widow or a healing friend.

preparation.

Prayer

Take a few minutes to close your eyes and quiet your heart, as you seek the Lord for His will in how to use this material, and to give Him all of your preparation time.

Brainstorming

- Spend a few minutes looking at the Refresh Handout to glean a big picture of this study.
- Decide on your audience.
- Consider when and where.
- Make a list of the supplies you'll need for the study, such as:
 - ✓ Bible
 - ✓ Journal
 - ✓ Worship Music
 - ✓ Optional spa items, such as candles, lotions, parafin wax machines, basins for washing feet, towels

Study Time

If you will be teaching on this topic, hosting a party, or doing a personal retreat, devote at least two hours to study of the material.

- With a notebook and your Bible in hand, read through the handout.
- Note any questions that arise and search the Scriptures for the answers.
- Jot down any personal stories you may be able to share in a group setting.
- Look up the Scripture verses and read them in context.
- Pray for God to reveal this lesson's Biblical truths personally. Pray also for anyone you might be teaching.

Action Checklist

As you prepare to lead others through this topic, be sure to:

- Pray daily in anticipation of the gathering
- Confirm with participants through email or phone reminders
- Have a number of extra Bibles on hand
- Make pens or pencils accessible to the group
- Provide a stack of index cards for jotting down notes, Scripture verses, or submitting questions
- Make copies of the Refresh Handout

discussion points, questions, and application.

PART 1

Refresh Your Body...Through Rest

Often times our weariness has much to do with a lack of rest in our daily lives. Our nights are too short, filling evening hours with activity. Our days are packed full with commitments. Finding time to sleep and simply rest is quite difficult. This is not a problem one outgrows, either. Adult women across the country are just plain exhausted. Demands of motherhood, work, ministry, and meeting the needs of others replaces the life of a busy student.

Our lives, no matter what our age, are being ruled by the tyranny of the urgent, with schedules designed for accomplishment forgoing times of rest. We need to change our habits in order to give our body and soul the opportunity to gear down and regain strength in order to persevere. This is what the Sabbath is designed for, yet often it is forsaken by most Christians. Our bodies need the rhythm of rest, and by setting apart one day a week to cease from work and demands of life is not only Biblical, it is beneficial.

Exodus 20:11

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.

God of the Universe gave us an example of rest. He created the world in six days and rested on the seventh. He also gave us clear instruction to rest on the Sabbath, which is not some legalistic way of

illustrate it

If you are teaching tweens, teens, or college gals, divide your group into teams of three or four to act out a scene depicting the life someone struggling to find rest. Write out these scenes on a slip of paper and put them in a basket to be drawn by each group. Here are a few ideas:

1. A student overwhelmed by studying for exams, snacking through the night on sugar.
2. An athlete driving hard for the county finals and balancing a family crisis.
3. A brand new mom trying to balance caring for the house and a part-time job.

Discuss the challenges faced in each situation as well as viable solutions.

restricting our lives, but rather reveals His intimate knowledge of who we are and what we need -- a time to slow down and fellowship with our Maker.

Hebrews 4:9-11

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...

Therefore, one way to be refreshed is choosing to keep a Sabbath each week. You can make the decision to abstain from school work and shopping only on Sundays, or do so from sundown Saturday through sundown Sunday. Your goal in honoring the Sabbath should provide a 24 hour block of time to rest, sleep, have fun with friends or family, and most importantly, to set apart your time and heart to focus on the Lord, His instructions for you, and clearing your busy life to hear His voice. Your body and soul will definitely be refreshed!

Application Questions

1. How much sleep do you average during a weeknight? Weekend?
2. Do you think this is enough or can you tell that your body really does need 8 hours?
3. How much time do you spend simply relaxing -- as in doing something that you don't have to do, but choose to do because it brings refreshment to your body?
4. In what ways do you need to carve out more time to sleep and relax in a given week?
5. Are you currently honoring the Sabbath? If so, how? If not, why?
6. How are you challenged to make a lifestyle change as you consider your body's need for rest?
7. If so, what will be your first step?

Additional Resources

- Time: Making the Most of Every Opportunity Handout found here <http://www.moretobe.com/2011/07/30/time-handout/>

PART 2

Refresh Your Soul...In Relationship with Jesus

God not only instructs us to physically rest from our normal routines, but He also promises us that we can find rest for our souls in Him. It is a simple process with profound ramifications. Yielding to our Sovereign God and trusting in the Lord will all our heart provides a unquenchable rest. It is a rest that we receive as we exchange worry and anxiety for peace and promise.

God promises us rest and peace in return for giving Him our concerns and worries. That's a pretty good exchange. Resting in the Lord is as much about talking with Him and confessing our concerns, as it is about slowing down our days to honor the Sabbath. It also takes faith, believing that God will meet our needs even when it seems like we can't.

Matthew 11:28

Come to me, all you who are weary and burdened, and I will give you rest.

1 Peter 5:7

Cast all your anxiety on Him because He cares for you.

Philippians 4:6-7

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.

Jeremiah 31:25

I will refresh the weary and satisfy the faint.

But we can only experience this rest through a personal relationship with Jesus Christ. That relationship is born out of His blood, shed on the cross for our very sin. When we confess with our mouth and believe in our heart that Jesus Christ is indeed our Savior, we are born again into the family of God and receive the power and counselor of the Holy Spirit given to each believe (Romans 10:9-10; Ephesians 1).

Once we confess Jesus as Lord, we have direct access to the ear of our Father in heaven. This is prayer! In simplest terms, prayer truly is a form of rest. It is the removing of the burden from our shoulders and placing it at the foot of the cross.

Through Christ, we can petition God for every need and concern. We have a never-leaving, always open channel to God, who readily waits to receive our whispers and wild yells. When we give over our heavy hearts to God, trusting Him with every detail of lives, we will find a rest for our soul that is beyond description!

Application Questions

1. How would you describe the sense of rest in your soul right now?
2. Is that good enough for you? Why or why not?
3. One a scale of one to ten, with ten being best, how would you rate your relationship with Jesus?
4. Is the state of your relationship based on your feelings at the moment or fact?
5. How would you like this to change?
6. Is there anything standing in the way of you trusting Jesus, and finding rest in Him, either for the first time or more seriously and authentically?

Additional Resources

- “Ready for a Change?” at <http://www.moretobe.com/meet-jesus/>

instruct it

Read:

Take the time to read these Scriptures as a group. Assign each one, have it read aloud, and pause long enough for a response.

1. Matthew 11:28
2. 1 Peter 5:7
3. Philippians 4:6-7
4. Jeremiah 31:25

Ask:

1. What do these verses promise?
2. But what is the key to receiving these promises?

Read More:

1. Romans 10:9-10
2. Ephesians 1...in the Message is a great option.

Remind:

Encourage your group to seek a personal relationship with Jesus Christ.

Pray:

Pause for a quiet time of silent prayer, concluding with a prayer of thanksgiving and praise.

Offer:

Let your group know you are available to speak with them privately at the end.

PART 3

Refresh Your Mind...With the Word

Pausing for a Sabbath rest and finding daily time to commune with God in prayer are simply two ways to find rest. But true refueling comes through the Word. Jesus is the Word, and as the Word He is also the Bread of Life and Living Water. It is a crazy concept, but actually reading the Word and memorizing it is spiritual nourishment. The Word functions exactly like food to our body, absolutely needed for physical survival.

Imagine your life without food -- without the habits of coffee and donuts, chips and ice cream, as well as the necessary nutrients found in meals that complete a healthy diet. You wouldn't want to go through a day without food. Your body needs food to survive! It also needs water! Even if you don't recognize it, you need the Bread of Life and Living Water just as much as a turkey sandwich and glass of lemonade. You will not be able to survive the temptations and trials of life without a regular feeding on the Word. You might think you are managing, but your world will come crashing down without the power of the Word to sustain you through the ups and downs of life.

True soul refreshment and rest comes from reading and studying the Scriptures daily. When you fill your mind with a portion of the Word, you will energize your mind, body, and soul.

Matthew 4:4

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

Psalm 119:28

My soul is weary with sorrow; strengthen me according to your word.

2 Timothy 3:16-17

All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the man of God may be thoroughly equipped for every good work.

John 1

The Word Became Flesh

In the beginning was the Word, and the Word was with God, and the Word was God. ²He was with God in the beginning. Through him all things were made; without him nothing was made that has been made. In him was life, and that life was the light of men. The light shines in the darkness, but the darkness has not understood^{1a} it.

John 6:35

ask it

Pause to ask if anyone has experienced true hunger and if so, what side effects it had on their emotions, strength, and perspective on life.

Also ask if anyone has experienced the nourishment of being in the Word and knowing Scripture, especially during a time of trial or suffering.

Be prepared to share your own story or illustration.

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 7:38

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

Romans 12:2

Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind.

It is the power of the Word and truth of Scripture that transforms our thinking, enabling us to withstand the lies of the Devil and to find rest for our souls within the blessing of Christ's protection. The Word abolishes our burdens with the truth. It doesn't change our circumstances, but it changes our perspective, giving hope in the hopeless of situations. The Word reveals the character of God, giving us the power to believe that He is who He says He is and we are who He says we are, even when our circumstances seem impossible.

challenge

Encourage the group to set aside a time to fast from a meal or two, or even just a snack this week, if they are medically able.

Challenge them to reflect on their experience and consider the tangible side effects. Also encourage them to spend that fasting time in the Scriptures, using the resource list attached.

Application Questions

1. Are you spiritually starved or satisfied?
2. What side effects do you see?
3. Would you be willing to carve out time this week to spend in the Word?
4. If yes, when and where will that work best?
5. If no, what keeps you from making this change?
6. Who could be a good accountability partner to ask you about your time in the Word?

Additional Resources

- Top Ten Ideas for Getting Into the Word at <http://www.moreto.be.com/2011/07/25/top-10-ideas-for-getting-into-the-word-handout/>

PART 4

Refresh Your Life...By Serving Others

Finding refreshment and rest for your soul and body requires disciplines like honoring the Sabbath, spending time with Jesus in prayer, and be filling up by the Word. But there is also another Biblical principle, that when applied, brings a delightful sort of refreshment to your soul. Through serving others, seeking to refresh them, you can actually be refreshed.

Proverbs 11:25

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

This principle of being refreshed through serving is seen most beautifully in the New Testament example of Jesus washing the disciples' feet. However, the blessing of serving can only be experienced if it is done with a sincere and joyful heart. Yes, the choice to serve doesn't need to be a painful decision, nor does the act of serving need to be a dreaded task. Serving others can be a wonderful experience! The outcome is based on attitude -- your attitude. If your attitude is negative, your experience will be as well.

Therefore, evaluating your attitude before serving, and through the process, is critical. You must check-in on the state of your heart, which is often revealed by the words spoken, or muttered under one's breath. The Scriptures declare that "Out of the overflow of heart the mouth speaks." (Matthew 12:34). This is why our words indicate the state of your heart. In essence, the heart is the secret place that stores your feelings, and only when you confess them verbally do you really find out what you're thinking. Of course, body language and demeanor is also a clear indicator, too.

Check Your Heart

A heart-check up is simple. It requires asking some tough questions and providing honest answer. The questions may look a bit like this:

- ✓ Am I serving because I have to?
- ✓ Am I serving because I think I'll get something out of this?
- ✓ 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 motives for serving are not pure. Even though there isn't a person on this planet who wouldn't honestly admit that their motivation for serving, at some time or another, was as equally impure, it doesn't provide a valid excuse to avoid serving others.

Follow Christ's Example

An impure heart and lousy attitude isn't a license to skip out on the call to serve. If we proclaim to be followers of Christ, we ought to follow His example of serving. Jesus is, of course, the Suffering Servant. Being obedient to the will of His Father, Christ died on the cross for the forgiveness of all our sins. Ultimately, He served us to the point of death. Certainly, we should be able to experience some measure of discomfort and sacrifice as we answer the Biblical call to serve others. Not all acts of service need to be painful, however. Many opportunities to serve can become quite beautiful experiences, filled with tremendous meaning and power.

Serving others is a way to share a precious gift: God's love wrapped up in human touch and tangible words!

ask about it

Can you think of times when even the most joyful person might find it challenging to serve others?

Can you share, personally, about when you find it the hardest to serve others? Why?

What do you like or dislike about serving?

What are some creative ways to approach serving others on a daily basis?

read it

Take the time to read the passage on Jesus washing the disciples feet in John 13.

Jesus demonstrates this very principle when He washed His disciples' feet.

John 13

Jesus Washes His Disciples' Feet

¹It was just before the Passover Feast. Jesus knew that the time had come for him to leave this world and go to the Father. Having loved his own who were in the world, he now showed them the full extent of his love.

²The evening meal was being served, and the devil had already prompted Judas Iscariot, son of Simon, to betray Jesus. 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.

Give a Blessing and Receive One, Too

Only in God's economy is it possible to give something up and get something better. It is a principle seen again and again. Abraham laid down Isaac, and God provided another sacrifice. Jesus laid down His life, and departed to heaven, grasping eternity for himself and us, too. Even the Rich Young Ruler struggled to believe this flip in God's economy was possible. How could the King be the servant?

With God, things aren't always as they seem, and in this passage, Jesus proves this principle. As their leader, Jesus took the lowliest of positions, on His knees, serving His followers. Yes, the King laid down His life for His servant. The One who ought to be served, chose to serve by washing His disciples' feet. Moreover, He promises that if we follow suit, we will receive an equally great blessing. Even though we might have to push through the uncomfortableness of serving others at times, there is promise of something greater ahead.

Considering the historical fact that washing feet in Biblical times was a filthy job, Jesus' instructions complicates the principles of serving and lays before us a tremendous challenge. There were no such things as socks and Uggs and rubber boots, nor showers and bath gel and soaking tubs to keep feet looking and smelling sweet. Often times, serving requires facing the ugliest of scenarios. And that ugly may be physical, emotional, or spiritual, in us or in others.

Ask about it

What does it look like to serve the spiritually, emotionally, and physically ugly in our world today?

Where and how can you serve people in ugly and dirty situations?

Are you willing?

Apply it

If your situation allows, conclude your gathering with the option washing of one another's feet. Not everyone will be comfortable with this or ready, so provide alternative opportunities to serve in a positive way, like rubbing lotion on hands, giving a back massage, fixing food, or praying together.

Serving With a Pure Heart Takes Practice

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. Avoiding the ugly serving situations only puts off the inevitable, requiring God to present more and more situations designed to shape our character and make you more like Himself. It also puts off the blessing God has specially set apart for you, putting your spiritual growth on hold.

It is wise to make the decision now to serve, in the good, the bad, and the ugly. But it is only possible through getting your heart in check. Ask these questions to position yourself to serve with pure motives!

- ✓ Am I serving because I want to be Christ-like in attitude and action?
- ✓ Am I serving because as a follower of Christ I want to set an example to others?
- ✓ Am I serving because the Scriptures instruct me to do so?
- ✓ Am I serving because I love God and want to obey His Word?
- ✓ Am I serving because I want to please the Lord?

These are the right reasons to serve others! Now take this opportunity to serve, no matter how you feel about it! God's blessing is right on the other side this precious experience!

Application Questions

1. What are your feelings about serving others? Positive or negative? Eager or hesitant?
2. Can you recall specific situations that left you feeling this way?
3. In what ways do you enjoy serving? Dislike serving?
4. What do you think of Jesus' example of serving the disciples through washing their feet?
5. Is the Lord impressing on your heart a person or group of people you should reach out to refresh by serving them?

a final encouraging word

Sweet sister, are you longing for refreshment for your weary soul? Head straight to the cross, lay your burdens down, receive Jesus as your Lord, walk away with the Living Bread and Water to satisfy your soul, and find rest in knowing your life is well-purposed and perfectly designed by a loving Heavenly Father.

scripture references

John 13

Jesus Washes His Disciples' Feet

¹It was just before the Passover Feast. Jesus knew that the time had come for him to leave this world and go to the Father. Having loved his own who were in the world, he now showed them the full extent of his love.

²The evening meal was being served, and the devil had already prompted Judas Iscariot, son of Simon, to betray Jesus.

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.

Joshua 22:5

But be very careful to keep the commandment and the law that Moses the servant of the LORD gave you: to love the LORD your God, to walk in all his ways, to obey his commands, to hold fast to him and to **serve** him with all your heart and all your soul."

Joshua 24:14

"Now fear the LORD and **serve** him with all faithfulness. Throw away the gods your forefathers worshiped beyond the River and in Egypt, and **serve** the LORD.

Joshua 24:15

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.

1 Samuel 12:24

But be sure to fear the LORD and **serve** him faithfully with all your heart; consider what great things he has done for you.

Matthew 4:10

Jesus said to him, "Away from me, Satan! For it is written: 'Worship the Lord your God, and **serve** him only.' "

Matthew 6:24

"No one can **serve** two masters. Either he will hate the one and love the other, or he will be devoted to the one and despise the other.

Mark 10:45

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."

Luke 4:8

Jesus answered, "It is written: 'Worship the Lord your God and **serve** him only.' "

John 12:26

Whoever **serves** me must follow me; and where I am, my servant also will be. My Father will honor the one who **serves** me.

Romans 1:9

God, whom I **serve** with my whole heart in preaching the gospel of his Son...

Romans 12:7

If it is serving, let him **serve**...

Romans 14:18

because anyone who **serves** Christ in this way is pleasing to God and approved by men.

Galatians 5:13

You, my brothers, were called to be free. But do not use your freedom to indulge the sinful nature ; rather, **serve** one another in love.

Ephesians 6:7

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

1 Timothy 3:13

Those who have **served** well gain an excellent standing and great assurance in their faith in Christ Jesus.

1 Peter 4:10

Each one should use whatever gift he has received to **serve** others, faithfully administering God's grace in its various forms.

1 Peter 4:11

If anyone speaks, he should do it as one speaking the very words of God. If anyone **serves**, he should do it with the strength God provides, so that in all things God may be praised through Jesus Christ. To him be the glory and the power for ever and ever. Amen.

1 Peter 5:2

Be shepherds of God's flock that is under your care, serving as overseers—not because you must, but because you are willing, as God wants you to be; not greedy for money, but eager to **serve**...