

## Times of Refreshing from the Lord

Acts 3:19-20

<sup>19</sup> Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord, <sup>20</sup> and that he may send the Messiah, who has been appointed for you—even Jesus.

Psalm 23

The LORD is my shepherd, I lack nothing.

<sup>2</sup> He makes me lie down in green pastures,  
he leads me beside quiet waters,  
<sup>3</sup> he refreshes my soul.

He guides me along the right paths  
for his name's sake.

<sup>4</sup> Even though I walk  
through the darkest valley,

I will fear no evil,  
for you are with me;  
your rod and your staff,  
they comfort me.

<sup>5</sup> You prepare a table before me  
in the presence of my enemies.

You anoint my head with oil;  
my cup overflows.

<sup>6</sup> Surely your goodness and love will follow me  
all the days of my life,  
and I will dwell in the house of the LORD  
forever.

Psalm 84:4-10

Blessed are those who dwell in your house;  
they are ever praising you.

<sup>5</sup> Blessed are those whose strength is in you,  
whose hearts are set on pilgrimage.

<sup>6</sup> As they pass through the Valley of Baka,

they make it a place of springs;  
the autumn rains also cover it with pools.

<sup>7</sup> They go from strength to strength,  
till each appears before God in Zion.

<sup>8</sup> Hear my prayer, LORD God Almighty;  
listen to me, God of Jacob.

<sup>9</sup> Look on our shield, O God;  
look with favor on your anointed one.

<sup>10</sup> Better is one day in your courts  
than a thousand elsewhere;

I would rather be a doorkeeper in the house of my God  
than dwell in the tents of the wicked.

John 7:37-39

<sup>37</sup> On the last and greatest day of the festival, Jesus stood and said in a loud voice, "Let anyone who is thirsty come to me and drink. <sup>38</sup> Whoever believes in me, as Scripture has said, rivers of living water will flow from within them." <sup>39</sup> By this he meant the Spirit, whom those who believed in him were later to receive. Up to that time the Spirit had not been given, since Jesus had not yet been glorified.

Psalm 19:7-10

The law of the LORD is perfect,  
refreshing the soul.

The statutes of the LORD are trustworthy,  
making wise the simple.

<sup>8</sup> The precepts of the LORD are right,  
giving joy to the heart.

The commands of the LORD are radiant,  
giving light to the eyes.

<sup>9</sup> The fear of the LORD is pure,  
enduring forever.

The decrees of the LORD are firm,  
and all of them are righteous.

<sup>10</sup> They are more precious than gold,  
than much pure gold;

they are sweeter than honey,  
than honey from the honeycomb.

1 Corinthians 16:17-18

<sup>17</sup> I was glad when Stephanas, Fortunatus and Achaicus arrived, because they have supplied what was lacking from you. <sup>18</sup> For they refreshed my spirit and yours also. Such men deserve recognition

2 Timothy 1:16-17

<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.

Proverbs 11:25

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

**The Lord, by His Holy Spirit is the only one who can refresh our souls. But we can place ourselves in a position to receive His refreshment.**

- 1. Turn to the Lord in repentance**
- 2. Continually come to Jesus thirsty and believing**
- 3. Worship the Lord with singular desire**
- 4. Treasure and feed upon the Word of God**
- 5. Enjoy the friendship of life-giving people**
- 6. Seek to be refreshed and to be a refresher of others**