

HC MW Discipleship – Refreshed

Introduction:

- How are you living as a Disciple
 - Does each day have more sorrow or joy?
 - We all will have down times, as there are many difficulties in life.
 - But a Disciple's life should overall be characterized with refreshment.
- Let's look at three ways we can live refreshed

Acts 3:19 (NIV) *Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord,*

- **Discussion:** How is repentance refreshing?
- **Discussion:** What are some obstacles to repentance?

Psalms 19:7 (NIV) *The law of the Lord is perfect, refreshing the soul. The statutes of the Lord are trustworthy, making wise the simple.*

- **Discussion:** How does God's word energize our soul?

Proverbs 11:25 (NIV) *A generous person will prosper; whoever refreshes others will be refreshed.*

- **Discussion:** Do you think this proverb applies just to giving? If not how else can we be generous?
- **Discussion:** Why are we happy when we are generous?

Conclusion

- One of the most interesting things about Christianity
 - Is that God refreshes us in many ways
 - By casting off sin
 - By taking in his word
 - By giving to others
- So often we want to retreat to media and seclusion
 - It can often have the opposite effect
 - There certainly is a place for these things, but too often we are missing the balance
- God knows how to refresh us and help us move forward and shares that with us

Challenge: What of the three items do you need to most work on to refresh yourself? Talk to a friend and pursue God's refreshment.

Close with a Prayer