

God's Refreshing Power

Sunday August 16, 2026

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Main text is from;

Psalms 23:3 NKIV, "He restores my soul: He leads me down the paths of righteousness for His name's sake."

Proverbs 11:25NLT,"The generous soul will be made prosper; those who refresh others will themselves be refreshed."

Matthew 11:28 NLT, Then Jesus said, "Come to me all of you who are weary and carry heavy burdens, and I will give you rest."

In Isaiah 43:19 NLT, "For I am about to do something new, See, I have already begun! Do you not see it? I will make a pathway through the wilderness; I will create rivers in the dry wasteland."

Deep in the Chihuahuan Desert, there is a small, unremarkable plant known as the Rose of Jericho, or better known by many as the Resurrection Plant.

Then in Matthew 11:28, "Come to me all who labor and are heavy laden, and I will give you rest." (Refreshing for the soul.)

However; here's the thing, God never UNDER fills our cups, He FILLS us up to Overflowing. So, as we've been refreshed, we are called to refresh others in the Lord's Power and Hope.

Psalms 23:5 NKJV, "You prepare a table before me in the presence of my enemies; You anoint my head with oil; my cup runs over."

Luke 6:38NKJV, "Give and it will be given to you: good measure, pressed down, shaken together and running over will be put into your bosom, for with the same measure you give it will be measured back to you."

During last week's, Tuesday morning Prayer Group at 9AM, (Which is a Powerful time with the Lord and unity of His Holy Spirit along with brothers and sisters in the faith.)

Pastor Bob showed us the example of how God's blessing flows like oil (His anointing presence) running down on the beard of Aaron. Was the representation of God's blessing spreading over the community from a holy (LIFEGIVING) source that is uniting everyone under His divine favor.

Like the dew on the hills of Zion, it shows how God's refreshing, abundant blessing spreads from above to unite and revive His people. Comparing the church's unity to the cool, refreshing Living Water for this dry and parched land.

2Corinthians 1:3-4 NKJV, "Blessed be the God and Father of our Lord Jesus Christ, The Father of mercies and God of all comfort, who comforts us in all our tribulation, that we may be able to comfort with which we ourselves are comforted by God."

Refreshing others isn't an added chore that drains you it is often the very dynamic God uses to Restore your own Joy.

Here are 3 Practical Ways to Refresh Others:

1. Speak Encouragement: The intentional, life-giving Words of the Lord's hope and love in a critical culture.
2. Offer Presence: Sitting with someone in pain without trying to fix everything immediately.
3. Practical Acts of Service: Meeting tangible, physical needs to lighten someone's load.

Here's 3 biblical examples of the Lord's Refreshing Power at work.

1. Elijah goes from Physical Exhaustion to Divine Purpose 1Kings 19:1-19
2. Peter goes from Shame & Failure to Holy Spirit Boldness Luke 22:54-62 (Denial) & Acts 2:14-41 (Pentecost)

It shows that the Lord's power doesn't just comfort us, it reprograms our courage and repurposes our past failures.

Psalm 118:17, "I shall not die, but Live, and declare the works of the Lord."

3. Ezekiel in The Valley of Dry Bones: From Death to a Mighty Army

Ezekiel 37:1-14 The Divine Refreshing: God tells Ezekiel to prophesy to the bones and to the Ruach-breath, (it is defined here as God's active Divine presence in the world. (This is the work Holy Spirit).

Philippians 4:7; And the peace of God; which surpasses all understanding, will guard your hearts and your minds through Christ Jesus.)

Proverbs 4:23, "Keep your heart with all diligence, for out of it springs the issues of life"

Isaiah 43:19 we read, "Behold, I am doing a new thing; now it springs forth, do you not perceive it? I will make a way in the wilderness and rivers in the desert." It is in His timing and with His presence that brings our refreshing.

Lord bless you all this week with His Refreshing Power with rivers running out from your Overflow of joy, from time in His presence.

Numbers 6:24-27, "The Lord blesses you and keeps you; The Lord make His face shine upon you and be gracious to you; The Lord lift His countenance upon you and give you peace." "So, they shall put My name on the children of Israel, and I will bless them."