

Refresh
The Best Friend Thirst Ever Had

For I will pour out water to quench your thirst and to irrigate your parched fields. And I will pour out my Spirit on your descendants, and my blessing on your children. **Isaiah 44:3**

Holy Help:

- I. _____ **You.**
And I will pray the Father, and he shall give you another Comforter, that he may abide with you for ever... **John 14:16** KJV

- II. _____ **You.**
When the Spirit of truth comes, he will guide you into all truth. He will not speak on his own but will tell you what he has heard. He will tell you about the future. **John 16:13**

- III. _____ **You.**
26 Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words. 27 And he who searches hearts knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God. **Romans 8:26-27**

Real Refreshing:

- I. _____ **Me.**
23 Search me, O God, and know my heart; test me and know my anxious thoughts. 24 Point out anything in me that offends you, and lead me along the path of everlasting life.
Psalm 139:23-24

- II. _____ **Me.**
10 Create in me a clean heart, O God. Renew a loyal spirit within me. 11 Do not banish me from your presence, and don't take your Holy Spirit from me. **Psalm 51:10-11**

- III. _____ **Me.**
Don't be drunk with wine, because that will ruin your life. Instead, be filled with the Holy Spirit... **Ephesians 5:18**

Additional Notes:

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For I will pour out water to quench your thirst and to irrigate your parched fields. And I will pour out my Spirit on your descendants, and my blessing on your children. **Isaiah 44:3**

Holy Help:

I. Comfort You.

And I will pray the Father, and he shall give you another Comforter, that he may abide with you for ever... **John 14:16** KJV

II. Counsel You.

When the Spirit of truth comes, he will guide you into all truth. He will not speak on his own but will tell you what he has heard. He will tell you about the future. **John 16:13**

III. Carry You.

26 Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words. 27 And he who searches hearts knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God. **Romans 8:26-27**

Real Refreshing:

I. Change Me.

23 Search me, O God, and know my heart; test me and know my anxious thoughts. 24 Point out anything in me that offends you, and lead me along the path of everlasting life.

Psalms 139:23-24

II. Cleanse Me.

10 Create in me a clean heart, O God. Renew a loyal spirit within me. 11 Do not banish me from your presence, and don't take your Holy Spirit from me. **Psalms 51:10-11**

III. Consume Me.

Don't be drunk with wine, because that will ruin your life. Instead, be filled with the Holy Spirit... **Ephesians 5:18**

Additional Notes:
