

new
LIFE

Refreshing Beside Quiet Waters



Retief Uys
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The year –

- ✓ Shields up
- ✓ Healed up
- ✓ Belonging

2021...



Evidently, God knows what we need!



Who needs a

Refreshing?



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Jeremiah 31:25

“For I will satisfy the weary soul, and every languishing soul I will replenish.”

[MSG]

“I’ll refresh tired bodies; I’ll restore tired souls.”



1. Refreshing:

Greek word for 'Refreshing' in the Word:

Anapsuxis | ...properly a recovery of breath, that is, (figuratively) revival: - revival.

A couple of nuggets...



Refreshing is...

1.1 Found in the way of the Shepherd –

Psalm 23 | The Good Shepherd

1 The LORD is my shepherd; there is nothing I lack. 2 He lets me lie down in green pastures; He leads me beside quiet waters. 3 He renews my life; He leads me along the right paths for His name's sake.



Refreshing is...

1.2 The Living Waters of the Spirit –

‘Quiet waters’, can only be the **Living Waters** of the Holy Spirit

John 7:37 On the last and most important day of the festival, Jesus stood up and cried out, “If anyone is thirsty, he should come to Me and drink! 38 The one who believes in Me, as the Scripture has said, will have streams of living water flow from deep within him.” 39 He said this about the Spirit. Those who believed in Jesus were going to receive the Spirit, for the Spirit had not yet been received because Jesus had not yet been glorified.



John 6:63 The Spirit is the One who gives life. The flesh doesn't help at all. The words that I have spoken to you are spirit and are life.

This is what REFRESHES!



Refreshing is...

1.3 In His Presence –

Psalm 17:15 But I will see Your face in righteousness; when I awake, I will be satisfied with Your presence.

[MSG] And me? I plan on looking you full in the face. When I get up, I'll see your full stature and live heaven on earth.



1 John 1:5 This is the message we have heard from him and proclaim to you, that God is light, and in him is no darkness at all.

What can we expect?



Refreshing is...

1.4 Fruit of Repentance and Righteousness –

Acts 3:19 Therefore repent and turn back, so that your sins may be wiped out, that seasons of refreshing may come from the presence of the Lord, 20 and that He may send Jesus, who has been appointed for you as the Messiah. 21 Heaven must welcome Him until the times of the restoration of all things, which God spoke about by the mouth of His holy prophets from the beginning.

What sin?

Repent - *metanoēō* | G3326 to think differently or afterwards, that is, reconsider, turn*



Key for *Revival* is...

Righteousness



Key for Righteousness is...

Repentance



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Refreshing is...

1.5 Waiting on God –

Old testament promises, also still true today through God Emmanuel -

Isaiah 40:31 But they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.

Isaiah 41:10 “Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.”



Isaiah 44:3

“For I will pour water on the thirsty land, and streams on the dry ground; I will pour my Spirit upon your offspring, and my blessing on your descendants.”



Refreshing is...

1.6 In Fellowship and God-given Relationships –

Matthew 18:20 “For where two or three gather in my name, there am I with them.”

The Church I Body

Acts Church! We all want it...



The Fellowship of the Believers | Acts 2:42

They devoted themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer. 43

Everyone was filled with awe at the many wonders and signs performed by the apostles. 44 All the believers were together and had everything in common. 45 They sold property and possessions to give to anyone who had need. 46 Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, 47 praising God and enjoying the favor of all the people. And the Lord added to their number daily those who were being saved.



Proverbs 11:25 NLT

The generous will prosper; those who refresh others will themselves be refreshed.



Psalm 85:6

Will You not revive us again, That Your people
may rejoice in You?



Our Prayer

Leads beside quiet
waters...



Let's Pray





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