

5-Fold

Refreshment

for the Weary



- feeling like Agur ¹

- times of refreshing ⁷

- on eagle's wings ⁸



4. STRENGTH: Refresh your strength with the Son of God

- I know how ⁹

- come to me ¹⁰



- consider him ¹¹

5. HEART: Refresh your heart with the people of God

- refreshment team ¹²

- two-way refreshment ¹³



1. BODY: Refresh your body with rest from God

- the seventh day ²



- a piece of cake ³

2. MIND: Refresh your mind with the word of God

- the perfect law ⁴



- good news ⁵

3. SOUL: Refresh your soul with the presence of God

- a thirsty soul ⁶



Verses are quoted in the NIV unless otherwise noted

¹ Proverbs 30:1 (ESV); Ecclesiastes 1:8

² Exodus 20:8-10; Mark 2:27; Psalm 127:2

³ 1 Samuel 30:11-12

⁴ Psalm 19:7; Matthew 4:4 (Deuteronomy 8:3)

⁵ Proverbs 25:25

⁶ Psalm 63:1; Jeremiah 31:35; Psalm 23:3

⁷ Acts 3:19-20; Hosea 6:1-3; Psalm 32:4

⁸ Isaiah 40:27-31

⁹ Isaiah 50:4

¹⁰ Matthew 11:28

¹¹ Hebrews 12:1-3; Galatians 6:9

¹² Romans 15:32; 1 Corinthians 16:18; 2 Timothy 1:16; Philemon 7, 20; 2 Corinthians 7:13

¹³ Proverbs 11:25