
God Refreshes

Posted by: [Misti McHatton](#)

on Aug 20, 2019

Tagged in: [share](#), [Preparedness](#), [prayer](#), [Personal Crisis](#), [Leadership](#), [Christian Volunteers](#), [care](#)



Through daily life, we need to be refreshed. Refreshment can come in many different ways. This morning I felt refreshed by a cool breeze after a quick run. This weekend, I felt refreshed by setting aside time to seek and hear from God.

What are some ways that you have felt refreshed lately?

Here are some scriptures that show us God's refreshing...

Proverbs 11:25 - A generous man will prosper; he who refreshes others will himself be refreshed.

Psalm 3:3 - But you, Lord, are a shield around me, my glory, the One who lifts my head high.

Psalm 4:8 - In peace I will lie down and sleep, for you alone, Lord, make me dwell in safety.

Jeremiah 31:25 - I will refresh the weary and satisfy the faint.

Psalm 68:9 - You gave abundant showers, O God; you refreshed your weary inheritance.

Hosea 14:5 - I will be like dew to you.

Dew in its original context means divine influence or covering.

No matter what season we find ourselves in, what circumstances, what trials, or what joys, God will be our divine influence or covering. We know that the times we live in can be challenging, to put it mildly, but even though the world will change, God never does! There is comfort and refreshment in that!

As we apply this devotion to CEN and our daily lives, remember that we can be refreshed by turning our eyes to Him, the lifter of our heads, and stealing a few moments away to hear from God's heart.

Ephesians 1:15-23 - For this reason, ever since I heard about your faith in the Lord Jesus and your love for all God's people, I have not stopped giving thanks for you, remembering you in my prayers. I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better. I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people, and his incomparably great power for us who believe. That power is the same as the mighty strength he exerted when he raised Christ from the dead and seated him at his right hand in the heavenly realms, far above all rule and authority, power and dominion, and every name that is invoked, not only in the present age but also in the one to come. And God placed all things under his feet and appointed him to be head over everything for the church, which is his body, the fullness of him who fills everything in every way.