



**Refreshed** Everyone knows what it feels like to be tired, exhausted, and maybe even burnt out. So what's the answer? Another vacation? A better vacation? A change of circumstances? The bible tells us that the only way to find real refreshment is in God. That's what we all desperately need and that's what we're going to ask him for over the next 6 weeks. Come and be refreshed in the LORD.

1. Can you think of a time when you felt refreshed spiritually?
2. Read **Proverbs 11:25**. What are the two images used in this verse. What do these images teach us about the one who blesses others and the one who waters others?
3. Here's the principle behind this proverb: **When you refresh others, you will be refreshed in the process**. Can you give a specific example of a time when you have personally experienced this?
4. The problem with this principle is that it's not natural. Our natural response is to take care of ourselves first and then to give and serve others out of the excess, if any. What's wrong with this approach?
5. The only way we can do this, refresh others and be refreshed in the process, is by faith in God. Read Hebrews 12:2. How did Jesus step out in faith to refresh us? What does this verse instruct us to do?
6. How would looking to God, instead of our circumstances, allow us to step out in faith and give and serve others even when we don't feel like it?
7. This week, what are some ways you can step out in faith in God to refresh others? Will you do this and then report back how it went and whether you felt refreshed in the process?