

Receive a Refreshing from the Holy Spirit

A. Receive a Refreshing from the Holy Spirit.

1. Acts 3:19 (Amplified) So repent [change your inner self—your old way of thinking, regret past sins] and return [to God—seek His purpose for your life], so that your sins may be wiped away [blotted out, completely erased], so that times of **refreshing** may come from the presence of the Lord [**restoring** you like a cool wind on a hot day].
 - a. **Affirm: In the Name of Jesus, I have repented of my sins, which God has wiped away; so that times of refreshing can now come upon me from Your Presence, Lord.**
2. Jeremiah 31:25 (MSG) I'll **refresh** tired bodies; I'll **restore** tired souls.
 - a. Jeremiah 31:25 (NIV) I will **refresh** the weary and satisfy the faint.
 - b. Matthew 11:28 (AMPC) Come to Me, all you who labor and are heavy laden and overburdened, and I will cause you to **rest**. [I will ease and relieve and **refresh** your souls.]
 - c. Psalm 34:19 (Amplified) Many hardships and perplexing circumstances confront the righteous, but the Lord rescues him from them all.
 - d. **Affirm: In the Name of Jesus, God refreshes me from weariness, tiredness, and from being overburdened; so He gives me rest and restores my soul.**
3. Psalm 23:1-3 (AMPC)
 - ¹ The Lord is my Shepherd [to feed, guide, and shield me], I shall not lack.
 - ² He makes me lie down in [fresh, tender] green pastures; He leads me beside the still and restful waters.
 - ³ He **refreshes and restores** my life (myself); He leads me in the paths of righteousness [uprightness and right standing with Him—not for my earning it, but] for His name's sake.
 - a. John 10:27 (AMPC) The sheep that are My own hear and are listening to My voice; and I know them, and they follow Me.
 - b. **Affirm: In the Name of Jesus, because the Lord is my shepherd, He leads me beside restful waters in green pastures. God also refreshes and restores my life; and He leads me in paths of righteousness, for I hear and listen to His voice and I follow Him.**
4. Psalm 19:7 (NIV) The law of the Lord is perfect, **refreshing** the soul. The statutes of the Lord are trustworthy, making wise the simple.
 - a. **Affirm: The law of the Lord is perfect, refreshing my soul; and the statutes of the Lord are trustworthy, which make me wise.**
5. Proverbs 11:25 (NIV) A generous person will prosper; **whoever refreshes others will be refreshed**.
 - a. **Affirm: In the Name of Jesus, I am a generous person; therefore, God prospers me. Because I refresh others, I will be refreshed.**

6. Romans 15:32 (NIV) So that I may come to you with joy, by God's will, and in your company be **refreshed**.
 - a. Hebrews 10:24-25 (Amplified)
²⁴ and let us consider [thoughtfully] how we may encourage one another to love and to do good deeds, ²⁵ not forsaking our meeting together [as believers for worship and instruction], as is the habit of some, but encouraging one another; and all the more [faithfully] as you see the day [of Christ's return].
 - b. Meeting online on the internet fulfills this scripture.
 - c. It's also an additional blessing when you can meet ABCers for fellowship.
 - d. **Affirm: In the Name of Jesus, I come to ABC services and meetings with joy, by God's will, and in the company of ABCers I am refreshed.**
7. Exodus 23:12 (AMPC) Six days you shall do your work, but the seventh day you shall rest and keep Sabbath, that your ox and your donkey may rest, and the son of your bondwoman, and the alien (migrant workers), may be **refreshed**.
 - a. Psalm 40:1-3 (The Living Bible) ¹ I waited patiently for God to help me; then he listened and heard my cry. ² He lifted me out of the pit of despair, out from the bog and the mire, and set my feet on a hard, firm path, and steadied me as I walked along. ³ He has given me a new song to sing, of praises to our God. Now many will hear of the glorious things he did for me, and stand in awe before the Lord, and put their trust in him.
 - b. **Affirm: In the Name of Jesus, I desire to honor the Sabbath Day of Rest, so that I can be refreshed; and sing praises to You, God for the glorious things You have done for me and continue to do for me.**

B. Thank the Holy Spirit for Resting and Remaining Upon You.

1. Do this after you confess sin(s) or deal with unaware sins.
2. 1 Peter 4:14 (Amplified Bible) Blessed [happy, with life-joy and comfort in God's salvation regardless of your circumstances], because the Spirit of glory and of God is **resting on you** [and indwelling you—He whom they curse, you glorify].
3. John 1:32 (NKJV) John bore witness, saying, "I saw the Spirit descending from heaven like a dove, and He **remained upon Him.**"
 - a. **Affirm: Thank You, Holy Spirit, for resting and remaining upon me; and refreshing me.**