

PHILEMON

Lesson 14: Refreshing the Saints

1 April, 2016

Philemon was a man who was known for refreshing the saints.

**TO GIVE STRENGTH TO
TO INVIGORATE**

**TO RELIEVE AFTER FATIGUE
TO REVIVE AFTER DEPRESSION**

TO CHEER ALONG THE WAY

EXODUS 23:12 God set aside one day of each week for the Hebrews to be refreshed after a week of hard work.

EXODUS 31:14-17 GOD was refreshed on the seventh day after six days of creation. God doesn't get tired or lose strength after doing a work. He was refreshed as he looked at His creation and enjoyed it. It was good—and it was VERY good (Gen. 1:31). God enjoyed walking in the Garden, fellowshiping with his creation (Gen. 3:8). We ought to observe God's example and try to enjoy the blessings around us.

1 SAMUEL 16:19-23 Hearing godly music can give you new strength and revive you after depression. God created man to be receptive to music so we can be refreshed by it. That's why we are told to sing Psalms, hymns, and spiritual Psalms to the Lord (Eph. 5:19, Col. 3:16). Even in heaven we'll be refreshed by music (Isa. 49:13, Rev. 5:9, 14:3).

2 SAMUEL 16:11-14 In King David's time of gloom and despair, he is refreshed in the wilderness in the company of those who love and support him. He is revived after depression and invigorated (energized).

JOB 32:20 Job's companions didn't refresh him. They only rebuked, corrected, and accused him. Their purpose in speaking to Job was to refresh THEMSELVES. They're not trying to make Job feel better; they're trying to make themselves feel better.

Lesson: don't lecture people when they're down even if their situation is a result of sin. Support them and be there for them until they revive after their depression and eventually cheer up. Note: don't use levity or mirth (humor, jokes) in this situation (Prov. 25:20, Eccl. 3:4, Rom. 12:15).

PROVERBS 25:13 People that you can depend upon are as refreshing as a cool breeze upon a worker's brow. That's why we fellowship together: to help us stay in the work.

ACTS 27:1-3 When Paul was old, tired, broken, and in chains, he received refreshing from his friends and he was able to go to Rome and preach for two more years before his execution. His time with his friends revived him from his depression, cheered him in his heart, and invigorated him so he could stay in the work.

ROMANS 15:32 If the great Apostle Paul needed to be refreshed by others, we do too. Don't forsake fellowship with the brethren (Heb. 10:24-25). It is more important to your success as a Christian than you may think.

1 COR. 16:17-18

1 COR. 1:5-7 The Corinthian believers were zealous, gifted, hard-working Christians. Yet, they needed to be refreshed by others. There were other believers (possibly more mature and with more wisdom) who visited and they provided something that was lacking in the Corinthian church and it was refreshing to Paul and to the Corinthians.

2 COR. 7:13 Paul and his companions were comforted and full of joy when they heard about Titus being refreshed by the Corinthian believers. When you refresh another believer, it provides encouragement for many believers.

2 TIMOTHY 1:15-17 At a time when many believers abandoned Paul when he was a prisoner in Rome, there was one man who diligently sought him out and refreshed him by his presence. It helps us to go on when we know there are others who still care about us.
