

1  **Refreshment  
for Body  
and Soul**

- 2  **“Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths.**

**Be not wise in your own eyes; fear the Lord, and turn away from evil. It will be healing to your flesh and refreshment to your bones.”**

• Proverbs 3:5-8

3  **Psalm 23:1-4**

- “The Lord is my shepherd; I shall not want. He makes me lie down in green pastures. He leads me beside still waters. He restores my soul. He leads me in paths of righteousness for his name's sake. Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me.”

4  **Psalm 16:7-11**

- “I will bless the Lord who guides me; even at night my heart instructs me. I know the Lord is always with me. I will not be shaken, for he is right beside me. No wonder my heart is glad, and I rejoice. My body rests in safety. For you will not leave my soul among the dead or allow your holy one to rot in the grave. You will show me the way of life, granting me the joy of your presence and the pleasures of living with you forever.”

- 5  **“The fear of the LORD is a fountain of life, that one may turn away from the snares of death.”**

• Proverbs 14:27

6  **Signs of Stress and inner conflict**

- Memory problems, inability to concentrate, poor judgment, seeing only the negative, anxious or racing thoughts, constant worrying, moodiness, irritability or short temper, agitation, inability to relax, feeling overwhelmed, sense of loneliness and isolation, depression or general unhappiness, aches and pains, nausea, dizziness, eating more or less, sleeping too much or too little, isolating yourself from others, chest pain, rapid heartbeat, frequent colds, procrastinating or neglecting responsibilities, using alcohol, cigarettes, or drugs to relax, nervous habits (e.g. nail biting, pacing).


7  for “God opposes the proud but gives grace to the humble.”

**Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, casting all your anxieties on him, because he cares for you. Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour. Resist him, firm in your faith, knowing that the same kinds of suffering are being experienced by your brotherhood throughout the world. And after you have suffered a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, confirm, strengthen, and establish you.**

• I Peter 5:5-10

8  **Times of refreshing - Acts 3:19-21**

• “Repent therefore, and turn back, that your sins may be blotted out, that times of refreshing may come from the presence of the Lord, and that he may send the Christ appointed for you, Jesus, whom heaven must receive until the time for restoring all the things about which God spoke by the mouth of his holy prophets long ago.”

9  **“Jesus said to her, ‘Everyone who drinks of this water will be thirsty again, but whoever drinks of the water that I will give him will never be thirsty again. The water that I will give him will become in him a spring of water welling up to eternal life.’”**

• John 4:13-14

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• 1 John 5:20

11  **Unabandoned Trust**

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