



Wednesdays @ 11am via Facebook Live

**RESET, REFRESH, AND REFUEL!**  
**Fall MBS Series**

SEPTEMBER 6TH, 13TH & 20TH

*All are invited to join us!*

*Ministry of  
Biblical Studies*

● LIVE



## **METROPOLITAN COMMUNITY CHURCH**

MINISTRY OF BIBLICAL STUDIES Handout

Wednesday, September 6th, 2023

Leon Perry, III., Senior Servant

### **Welcome to the Metropolitan Community Church Fall Ministry of Biblical Study Classes**

#### **September 13th REFRESH**

**Main point: God intentionally and regularly refreshes us, and uses us to refresh others.**

**When I say 'refresh', what immediately comes to mind?**

An emerald beach resort, snow-covered slopes, a sparkling beverage?

Okay, okay...so these are some of my favorite things. But to an extent, you can see the common denominator.

Generally, when we consider what refreshes us, our minds gravitate to what instantly gratifies us.

Whatever can elevate our spirits in the heat of the moment, whatever can distract us from despair, chances are we receive it as refreshing.

Yet, while there is an interim component to refreshment, from a biblical standpoint, refreshment isn't refreshment without sustaining momentum.

For example, if you're in a desert and find an oasis, the kiss of water to your lips is just as much refreshment as the long-term fill you carry on with. While the express relief is undeniable, it's made more powerful through the restoration of heart, soul, mind, and strength to its original design.

Perhaps this is why the theme is threaded through all Scripture:

"And I will bring a piece of bread to refresh and sustain you; after that you may go on, since you have come to your servant." And they replied, "Do as you have said." ~ Genesis 18:5 (ESV)

"The law of the Lord is perfect (flawless), restoring and refreshing the soul; The statutes of the Lord are reliable and trustworthy, making wise the simple." ~ Psalm 19:7 (ESV)

"He refreshes and restores my soul (life); He leads me in the paths of righteousness for His name's sake." ~ Psalm 23:3 (ESV)

"Come to Me, all who are weary and heavily burdened [by religious rituals that provide no peace], and I will give you rest [refreshing your souls with salvation]." ~ Matthew 11:28 (ESV)

"Your body has many parts—limbs, organs, cells—but no matter how many parts you can name, you're still one body.

It's exactly the same with Christ. By means of his one Spirit, we all said good-bye to our partial and piecemeal lives.



We each used to independently call our own shots, but then we entered into a large and integrated life in which he has the final say in everything. Each of us is now a part of his resurrection body, refreshed and sustained at one fountain—his Spirit—where we all come to drink.” ~ 1 Corinthians 12:12-13 (MSG)

Upon further review, these passages tell us four things:

- 1.Refresh is not only a footstool to rest, but can be the rest itself <sup>1</sup>.
- 2.Refresh is often the next step towards righteousness (in particular resisting fear, receiving grace, and stilling our inner being).
- 3.Refresh is designed to lead us towards places of freedom, health, and unity.
- 4.Refresh is centered in the abiding of God’s nature.

Romans 15:30-33 – While imprisoned, St. Paul writes to the Roman church:

1 Corinthians 16:18

17 I rejoice at the coming of Stephanas and Fortunatus and Achaicus, because they have made up for your absence, 18 for they refreshed my spirit as well as yours. Give recognition to such people.

**1. Who came to visit Paul from the church in Corinth?**

**What did they do for Paul?**

a. Made up for the absence of the entire church; represented the prayers and support of fellow believers, from whom Paul was separated

**2. How do you think these three men may have refreshed Paul?**

**3. Why does Paul encourage his readers to “give recognition” to those friends?**

a. These three friends are a good example for others! Follow their lead; refresh the spirits of those who are downtrodden.

2 Timothy 1:16

16 May the Lord grant mercy to the household of Onesiphorus, for he often refreshed me and was not ashamed of my chains, 17 but when he arrived in Rome he searched for me earnestly and found me.

**1. To Paul, what was especially helpful about Onesiphorus?**

a. “often” tried to help Paul

b. was not ashamed of Paul’s imprisonment, visiting him in prison

c. “searched earnestly” until he found Paul in prison – how easy might that have been in ancient Rome?

**2. Why are these actions refreshing to Paul?**

a. tells him that he’s not alone or forgotten

Philemon 7

4 I thank my God always when I remember you in my prayers, 5 because I hear of your love and of the faith that you have toward the Lord Jesus and for all the saints, 6 and I pray that the sharing of your faith may become effective for the full knowledge of every good thing that is in us for the sake of Christ. 7 For I have derived much joy and comfort from your love, my brother, because the hearts of the saints have been refreshed through you.

**1. Usually Paul writes to larger church groups, but who is he writing to this time?**

a. "My brother"

b. Written (again from prison) to a single person, Philemon, a leader of the Colossian

30 I appeal to you, brothers, by our Lord Jesus Christ and by the love of the Spirit, to strive together with me in your prayers to God on my behalf, 31 that I may be delivered from the unbelievers in Judea... 32 so that by God's will I may come to you with joy and be refreshed in your company.

**What does Paul ask the Roman believers to do?**

"Pray earnestly for me"

**Why does Paul want to be released from prison?**

"So I may come to you with joy and be refreshed in your company."

**What is it like to be back among friends after a hard and trying time?**

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Summarize: How does God use us to refresh fellow believers?

