

# Refresh

## “Refreshing Yourself, Refreshing Others”

### How Can I Stay Refreshed & Keep Refreshing Others?

- 1. By regularly taking spiritual inventory & being honest with what I find.**
  - **James 5:13-14a:** *“Is any one of you in trouble? He should pray. Is anyone happy? Let him sing songs of praise. <sup>14</sup>Is any one of you sick?”*
- 2. By setting aside my pride & sharing my struggles with my spiritual leaders.**
  - **James 5:14b-15:** *“He should call the elders of the church to pray over him and anoint him with oil in the name of the Lord. <sup>15</sup>And the prayer offered in faith will make the sick person well; the Lord will raise him up. If he has sinned, he will be forgiven.”*
- 3. By combating discouragement & defeat through confessing my sins & opening up my life to other caring believers for strengthening.**
  - **James 5:16-18:** *“Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous man is powerful and effective. <sup>17</sup>Elijah was a man just like us. He prayed earnestly that it would not rain, and it did not rain on the land for three and a half years. <sup>18</sup>Again he prayed, and the heavens gave rain, and the earth produced its crops.”*
- 4. By rescuing the roaming through loving & humble interventions.**
  - **James 5:19-20:** *“My brothers, if one of you should wander from the truth and someone should bring him back, <sup>20</sup>remember this: Whoever turns a sinner from the error of his way will save him from death and cover over a multitude of sins.”*