

Times of Refreshing

by Sherry Jones

Stepping into an air conditioned room after experiencing the heat of summer is very refreshing. The scripture says in Acts 3:19, “Repent ye therefore, and be converted that your sins may be blotted out, when the *times of refreshing* shall come from the presence of the Lord.” The definition of *refreshing* means “a recovering of breath, a time of reviving.” We all need to be refreshed. We all need to experience relief from the pressures of life. God wants us to be refreshed, rejuvenated, and re-energized! Too many Christians feel empty on the inside. They just go through the motions, maintaining their routine day in and day out, but they have no excitement or enthusiasm. Some Christians are merely existing – not really living. But that’s not the way God intended for us to live our lives. He has made it possible for us to experience “times of refreshing.” We don’t have to be overcome by the circumstances of life. We don’t have to be gripped by fear or weighted down by the past. We can be refreshed by the presence of the Lord because we have:

- 1) The Word of God. Jesus said in John 6:63, “The words that I speak unto you, they are spirit, and they are life. The Wade Translation says, “The words that I have spoken unto you are spiritual in their meaning, and life giving in their effects.”
- 2) The Holy Spirit. Isaiah said “For with stammering lips and another tongue will he speak to this people. To whom he said, This is the rest wherewith ye may cause the weary to rest, and this is the refreshing” (Isaiah 28:11).
- 3) The blood of Jesus. Paul said in Ephesians 1:7, “In whom we have redemption through his blood, the forgiveness of sins, according to the riches of his grace. The blood of Jesus has reconciled us to God. The word “reconciled” means “to be called back into union.” The blood of Jesus deals with things such as guilt, confusion, shame, poverty, and sickness – issues all Christians face at one time or another.
- 4) The Body of Christ. Paul said in 1 Corinthians 12:27, “Now are ye the body of Christ, and members in particular.” We are the body of Christ and Jesus Christ is our head, and as such, rules and reigns in our lives. Since you are part of the body, you are not alone and you are not a misfit. Your life is needful and very important because “you are members of his body, of his flesh, and of his bones” (Ephesians 5:30).
- 5) The name of Jesus. The apostle John said in John 14:13-14, “And whatsoever ye shall ask in my name, that will I do, that the father may be glorified in the Son. If ye shall ask anything in my name, I will do it.” God has given us “the power of attorney to use the name of Jesus to meet our every need, because at the name of Jesus, every knee should bow (Philippians 2:9).
- 6) Angels. The psalmist said in Ps. 91:11, “For he (God) shall give his angels charge over thee, to keep thee in all thy ways.” The Book of Hebrews says, “Are they (angels) not all ministering spirits, sent forth to minister for them who shall be heirs of salvation.” It’s comforting to know that you don’t lose your angel just because you grow up. Everywhere you go, your angel accompanies you.

Times of refreshing is like a cool breeze on a hot day. We don’t have to be tired, fatigued, or weary, because we have His Word, the Holy Spirit, the blood of Jesus, the name of Jesus, the body of Christ, and the angels.