

TIMES OF REFRESHING, Acts. 3:19 .III

Times of "Cooling" -- Lat. Vulgate uses the word from which we get "refrigerator".

Expression taken from practice of laborers resting in a cool shade in heat of the day.

I. Kinds of Refreshing.

1. Physical -- Vacation rest is refreshing. How we long for a breeze of cool and invigorating air when we have been for a long time fainting under a sultry and oppressive atmosphere.

Proper food is refreshing

Success in work is refreshing

2. Spiritual --

There is a peace of mind which is ref.

Forgiveness of sins refreshes the spirit.

Spiritual revival is refreshing for

individual Christians and for churches

Ps. 85:6, "Wilt thou not revive us again that thy people may rejoice in thee?"

II. Need for Refreshing

1. Tired bodies

2. Weary minds. - "Shadow of Great Rock in Troubles of life. a weary land."

"David played, so Saul was refreshed."

I Sam. 16:23.

3. Burdened souls.

A. Load of sin

B. Christians in a rut.

C. Power of Satan

D. Dominance of sin

E. Weakness of church

III. Means of Refreshing

1. Already discussed Physical aspect.

2. Spiritual means.

A. Fellowship.

(1) Rpm. 15:32, "That I may be with you and be refreshed."

(2) 2 Tim. 1:16, "Onesiphorus often refreshed me."

B. The Word of God. Isa. 28:12, "This is the rest, give ye rest to him that is weary.... The word of Jehovah... precept upon precept; line upon line, here a little, there a little."

C. Repentance

(1) meaning of

(2) results of

(a) sins blotted out

(b) seasons of refreshing from the presence of the Lord

D. Prayer.

As in health we crave for the fresh air of heaven, so we shall often ascend the mountaintop of communion with God.

"The presence of the Lord" is the source of all spiritual refreshing.

"I sat down under his shadow with delight, and his fruit was sweet unto my taste."

Isa. 40:31 - *They that wait upon the Lord shall renew their strength*

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