

Rest in God's _____ place.

You are my hiding place and my shield; Psalm 119:114 (NASB)

He who dwells in the shelter of the Most High Will abide in the shadow of the Almighty. ² I will say to the LORD, "My refuge and my fortress, My God, in whom I trust!" Psalm 91:1-2 (NASB)

For in the day of trouble He will hide me in His shelter; In the secret place of His tent He will hide me; He will lift me up on a rock. Psalm 27:5 (AMP)

Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. ² Set your minds on things above, not on earthly things. ³ For you died, and your life is now hidden with Christ in God. Colossians 3:1-3 (NIV)

_____ in God.

Sustain me according to Your word, that I may live; And do not let me be ashamed of my hope. Psalm 119:116 (NASB)

I'll never forget the trouble, the utter lostness, the taste of ashes, the poison I've swallowed. I remember it all—oh, how well I remember—the feeling of hitting the bottom. But there's one other thing I remember, and remembering, I keep a grip on hope: ²²⁻²⁴ GOD's loyal love couldn't have run out, his merciful love couldn't have dried up. They're created new every morning. How great your faithfulness! I'm sticking with GOD (I say it over and over). He's all I've got left. ²⁵⁻²⁷ GOD proves to be good to the man who passionately waits, to the woman who diligently seeks. It's a good thing to quietly hope, quietly hope for help from GOD. It's a good thing when you're young to stick it out through the hard times. ²⁸⁻³⁰ When life is heavy and hard to take, go off by yourself. Enter the silence. Bow in prayer. Don't ask questions: Wait for hope to appear. Don't run from trouble. Take it full-face. The "worst" is never the worst. Lamentations 3:19-30 (MSG)

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*The law of the LORD is perfect, refreshing the soul...
Psalm 19:7a (NIV)*

*The LORD is my shepherd, I lack nothing.
² He makes me lie down in green pastures,
he leads me beside quiet waters,
³ he refreshes my soul.
He guides me along the right paths for his name's sake.
Psalm 23:1-3 (NIV)*

REFRESH = To restore strength; to invigorate; to restore or maintain by renewing supply

"...for I, the LORD, am your healer." ²⁷ Then they came to Elim where there were twelve springs of water and seventy date palms, and they camped there beside the waters. Exodus 15:26b-27 (NASB)

"I will refresh the weary and satisfy the faint." ²⁶ At this I awoke and looked around. My sleep had been pleasant to me. Jeremiah 31:25-26 (NIV)

God promises _____ of refreshing.

... Yes, I will make rivers in the dry wasteland so my chosen people can be refreshed. Isaiah 43:20b (NLT)

Therefore repent and return, so that your sins may be wiped away, in order that times of refreshing may come from the presence of the Lord; ²⁰ and that He may send Jesus, the Christ appointed for you. Acts 3:19, 20 (NASB)

God provides _____ of refreshing.

You know that everyone in the province of Asia has deserted me, including Phygelus and Hermogenes. ¹⁶May the Lord show mercy to the household of Onesiphorus, because he often refreshed me and was not ashamed of my chains. ¹⁷On the contrary, when he was in Rome, he searched hard for me until he found me. ¹⁸May the Lord grant that he will find mercy from the Lord on that day! You know very well in how many ways he helped me in Ephesus. II Timothy 1:15-18 (NIV)

I rejoice over the coming of Stephanas and Fortunatus and Achaicus, because they have supplied what was lacking on your part. ¹⁸For they have refreshed my spirit and yours. Therefore acknowledge such men. I Corinthians 16:17, 18 (NASB)

Your love has given me great joy and encouragement, because you, brother, have refreshed the hearts of the Lord's people. ²⁰I do wish, brother, that I may have some benefit from you in the Lord; refresh my heart in Christ. Philemon 1:7, 20 (NIV)

The generous will prosper; those who refresh others will themselves be refreshed. Proverbs 11:25 (NLT)

God speaks _____ of refreshing.

Wise words are like deep waters; wisdom flows from the wise like a bubbling brook. Proverbs 18:4 (NLT)

*I am completely discouraged—I lie in the dust.
Revive me by your Word. Psalm 119:25 (TLB)*

*Remember the word to Your servant, In which You have made me hope.
⁵⁰This is my comfort in my affliction, That Your word has revived me.
Psalm 119:49, 50 (NASB)*

*Now I'm turning you over to God, our marvelous God whose gracious
Word can make you into what he wants you to be and give you
everything you could possibly need in this community of holy friends.
Act20:32 (MSG)*

I have inclined my heart to perform Your statutes Forever, even to the end. ¹¹³I hate those who are double-minded, But I love Your law. ¹¹⁴You are my hiding place and my shield; I wait for (hope in) Your word. ¹¹⁵Depart from me, evildoers, That I may observe the commandments of my God. ¹¹⁶Sustain me according to Your word, that I may live; And do not let me be ashamed of my hope.

Psalm 119:112-116 (NASB)

The soul that is refreshed will...

Develop healthy _____.

*I have inclined my heart to perform Your statutes
Forever, even to the end. Psalm 119:112 (NASB)*

*Guard your heart above all else, for it determines the course of your life.
Proverbs 4:23 (NLT)*

*So exercise yourself spiritually, and practice being a better Christian
because that will help you not only now in this life,
but in the next life too. I Timothy 4:8b (TLB)*

*The people whom I formed for Myself
Will declare My praise. Isaiah 32:21 (NASB)*

Develop a holy _____.

*I hate those who are undecided whether or not to obey you; but my choice
is clear—I love your law. Psalm 119:113 (TLB)*

*Love must be sincere. Hate what is evil; cling to what is good.
Romans 12:9 (NIV)*

*Incline your ear, and come to me; hear, that your soul may live...
Isaiah 55:3a (ESV)*

*Let those who love the LORD hate evil, for he guards the lives of his
faithful ones and delivers them from the hand of the wicked.
Psalm 97:10 (NIV)*