



Finding Refreshing & Renewal in Christ

- Only _____ can refresh our souls.
- Where in your life do you feel the most need for the Lord's refreshing? _____

Matthew 11:28-30 (NIV)

- We find _____ when we draw near to Him.
- His yoke is the _____ of the Spirit in our lives for our here and now.

Refreshing

- Flows from _____.
- Flows from _____ control.
- Flows from _____ him.
- Begins with approaching _____.
- We must admit our own thirst before we can honestly approach Jesus for _____.

John 7:37-39 (NIV)

Acts 3:19 (NIV)

- Refreshing from the _____ isn't just a one-time filling.
- It's a process that begins first with our thirst and leads us to personal _____ and _____.

"True revival is marked by widespread repentance both within the church, and among unbelievers." – John Wimber, (c) Vineyard Reflections, May/June 1994.

"I've said that I know that at some point in time we must give a call to full scale repentance undergirded by deep and heart felt contrition.

Changed lives and the fruit of true repentance will result." – John Wimber, (c) Vineyard Reflections, May/June 1994.

Repentance, in its most basic sense, involves a turning away from sin and a turning toward God. The primary Greek term in the New Testament often rendered “repent” is “metanoia,” meaning a change of mind or inner transformation. In the Old Testament, two Hebrew concepts work together to convey repentance: “shuv,” which carries the idea of returning to God, and “nacham,” indicating remorse or sorrow over wrongdoing. Combining all these meanings, biblical repentance signifies a decisive shift in one’s heart, mindset, and actions, awakening a renewed relationship with the Creator. – BSB Print

Galatians 5:13-26 (NLT)

²² But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, ²³ gentleness, and self-control. There is no law against these things! *Galatians 5:22-23 (NLT)*

Changed lives and the fruit of true repentance means:

- Freedom in _____, to serve one another in love.
- Love rather than _____.
- Peace rather than _____.
- _____ rather than selfish ambition.
- Self-control over the _____ of temporal pleasure.

Acts 9:1-22 (NIV)

Isaiah 40:28-31 (NIV)

- Waiting on the Lord isn’t _____, it’s a posture of expectancy.

In many different revivals that have happened through church history we see a similar pattern:

- **thirst > refreshing > surrender > repentance > and renewal**

“Come to me, all you who are weary and burdened, and I will give you rest. ²⁹Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. ³⁰For my yoke is easy and my burden is light.” *Matthew 11:28-30 (NIV)*