

Principles of Refreshment

1. The comparisons and contrasts of the outer man and the inner man (2nd Cor. 4:16-18) include the important principles of refreshment.
 - a. Bodily decay and fatigue requires constant nourishment, rest and refreshment.
 - b. Spiritual fatigue requires constant nourishment, rest and refreshment.
 - c. Spiritual renewal is a daily focus on the present enjoyment of eternal life.
 - d. The word group of ἀνακαινίζω #340, ἀνακαινόω #341 & ἀνακαινώσις #342 is important for a study on regeneration, renewal, & refreshment (Rom. 12:2; 2nd Cor. 4:16; Col. 3:10; Tit. 3:5; Heb. 6:16).
2. Personal refreshment should be followed by interpersonal refreshment.
 - a. Service/ministry on behalf of others refreshes them.
 - b. Testimony to the working of the word refreshes the spirit.
 - c. Orientation to positional truth refreshes the emotions.
 - d. The word group of ἀνάπανσις #372, ἀναπαύω #373, ἐπαναπαύομαι #1879, κατάπανσις #2663, καταπαύω #2664, & συναναπαύομαι #4875 is important for a study on rest & refreshment (Rom. 15:32; 1st Cor. 16:18; 2nd Cor. 7:13; Phmn. 7,20).
3. Occupation with Christ is our provision for rest and renewal of strength as testified in the Old Testament (Isa. 40:31) and New Testament (Mt. 11:28-30) alike.
4. Angelic conflict victories (Mt. 4:11) and defeats (1st Sam. 16:23) require spiritual refreshment.