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 \(\alpha\nu\kappa\alpha\iota\tau\iota\zeta \\#340\), \(\alpha\nu\kappa\alpha\iota\nu\vomicr\omicron\omicr\omicr\omicr\nu \\#341\) & \(\alpha\nu\kappa\alpha\iota\nu\omicr\omicr\omicr\omicr\omicr\omicr \ \#342\) 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 \(\alpha\nu\alpha\tau\omicr\omicr\omicr\omicr\omicr\omicr \ \#372\), \(\alpha\nu\alpha\tau\omicr\omicr \ \#373\), \(\epsilon\pi\alpha\nu\alpha\tau\omicr\omicr \ \#1879\), \(\kappa\alpha\tau\alpha\nu\omicr\omicr\omicr \ \#2663\), \(\kappa\alpha\tau\alpha\nu \ \#2664\), & \(\sigma\nu\alpha\nu\alpha\tau\omicr\omicr \ \#4875\) 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.