

A background image of a sunset or sunrise over a sea of clouds, with the word "REFRESHED" overlaid in large white letters. The sky is filled with soft, colorful clouds in shades of blue, purple, and orange, creating a serene and refreshing atmosphere.

REFRESHED

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*A generous person will prosper;
whoever refreshes others will be refreshed.*

Proverbs 11:25

REFRESHED

Refresh

Literally: to cool again

We would say it: like a breath of fresh air

REFRESHED

Onesiphorus - the Example of the Refreshing Life

¹⁵ You know that everyone in the province of Asia has deserted me, including Phygelus and Hermogenes.

¹⁶ May the Lord show mercy to the household of Onesiphorus, because he often refreshed me and was not ashamed of my chains.

2 Timothy 1:15-16

REFRESHED

Philemon -

The Ingredients to the Refreshing Life

⁴ I always thank my God as I remember you in my prayers, ⁵ because I hear about your love for all his holy people and your faith in the Lord Jesus. ⁶ I pray that your partnership with us in the faith may be effective in deepening your understanding of every good thing we share for the sake of Christ. ⁷

Your love has given me great joy and encouragement, because you, brother, have refreshed the hearts of the Lord's people.

Philemon 1:4-7

REFRESHED

Partnership in Christ + Love + Joy +
Encouragement = Refreshed Heart



REFRESHED