Refreshing – Philemon 1:4-7

I thank my God always when I remember you in my prayers, because I hear of your love and of the faith that you have toward the Lord Jesus and for all the saints, and I pray that the sharing of your faith may become effective for the full knowledge of every good thing that is in us for the sake of Christ. For I have derived much joy and comfort from your love, my brother, because the hearts of the saints have been refreshed through you.

Psalm 51:12 states “Restore to me the joy of your salvation, and uphold me with a willing spirit.”. How we often pray this so many times through our walk. Sometimes we feel stale and low, but God who is forever faithful will never let us stay in that condition if we are truly one of His. He will restore a joy in our hearts that is unquenchable.

Although we may feel low, we are always joyful and hopeful for the future. In Philemon, Paul wrote and told him thank you for continuing his work in the gospel. Through Philemon’s work in the gospel, many saints were refreshed. Sometimes we need this refreshment. That is why Godly pastors are essential to a healthy Christian walk.

We are told in Hebrews that we are not to stop coming together as a people. We are told in Proverbs that Iron sharpens Iron. It is through these interactions with other believers that we get the refreshment and the recharging we need to continue on for the work of Christ. Christ has given each of us a Holy Spirit that is indwelling. He gives us all that we need to be productive for the kingdom of Christ.

As we go on this week let us to continue in love, patience, and understanding. We all know we live in a fallen world and it is hard sometimes to put one foot in front of the other. Let us to remember it is not us who lives but Christ who lives through us that is important and stop putting so much pressure on ourselves. Christ already did the work for us we just need to obey His Word.