

Devotional: Refreshment For Your Soul

Christian Devotion on Being Refreshed

Read: Psalm 23 (NKJV)

This Psalm is often read at funerals. It's a Psalm that speaks of refreshment and rest.

Sometimes in our Christian walk we can go through times likened to a desert. A time when we feel nothing is happening—a spiritual barrenness. In these times, I believe God is working in us all the more. We don't always see or feel Him working in our lives, but He is. He then brings us into green pastures and beside restful waters (v:2). "He refreshes and restores my life (my self); He leads me in the paths of righteousness." (v:4). It's such a beautiful description of complete rest and refreshment for our souls.

If you feel as though you're in a desert, don't give up! Cry out to God and allow Him to take you by the hand and lead you into His refreshing waters—His lush green pastures. A time of refreshment, healing, restoration and rest.

May you find refreshment for your soul today.

Come to me, all you who labour and are heavy-laden and overburdened, and I will cause you to rest, [I will ease and relieve and refresh your souls]. Take my yoke upon you and learn of me, for I am gentle (meek) and humble (lowly) in heart, and you will find rest (relief and ease and refreshment and recreation and blessed quiet) for your souls. For my yoke is wholesome (useful, good - not harsh, hard, sharp, or pressing, but comfortable, gracious, and pleasant), and my burden is light and easy to be borne. - Matthew 11: 28-30 (AMPC)

I long again to be refreshed
With your life-giving waters, Lord
Flow down on me, refreshing streams
So I may be restored.

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