



Refreshed Everyone knows what it feels like to be tired, exhausted, and maybe even burnt out. So what's the answer? Another vacation? A better vacation? A change of circumstances? The bible tells us that the only way to find real refreshment is in God. That's what we all desperately need and that's what we're going to ask him for over the next 6 weeks. Come and be refreshed in the LORD.

1. In the New Testament, both individuals and churches that provide spiritual refreshment to others in the body of Christ are recognized (see Romans 15:30-32, 1 Corinthians 16:17-18, 2 Corinthians 7:13, and 2 Timothy 1:16). Based on these passages, and the letter to Philemon, one of the best things someone could say about you is that you refresh others spiritually. Would you agree or disagree? Why?
2. Read Philemon 1-25. Two times in this short letter Paul uses the word refresh. In v.20 Paul tells Philemon to *refresh my heart in Christ*. To understand what Paul wants him to do to bring refreshment, we need to understand the context of this letter. (For an excellent overview go to thebibleproject.com and watch the video on Philemon, or explain in your own words the context of this letter).
3. Like Philemon, to become people who refresh others spiritually there are three things we must do. First, *we refresh others spiritually when we love them like family*, especially when they hurt us. In v.15 Paul tells Philemon to treat his runaway slave and thief as a brother in Christ. Knowing what Onesimus did, do you think this would have been hard for Philemon? Are there people who have hurt you in the church that you need to love because they too are part of the body of Christ?
4. Second, *we refresh others spiritually when we forgive them for sinning against us*. Paul tells Philemon to receive Onesimus like he would receive him, v.17. This is not cheap grace, but costly. Paul says I'll even pay his debt against you v.18. Whether Philemon absorbed the debt himself, or asked Paul to pay it, forgiveness always requires someone to pay the price for their debt against us. This is what Christ did for us while we were yet sinners (Romans 5:8), and this is what we are to do to others who sin against us. Who has hurt you in the church that you need to forgive?
5. Third, *we refresh others spiritually when we help them become useful for the gospel*. Onesimus means "useful." Paul says in v.11 that before Onesimus became a Christian he was useless (for the work of the gospel), but now he's become useful. How would helping people become useful in the work of the gospel affect them? Have you ever experienced this? How did it affect you? How can you help others become useful?
6. In the Bible, God never commands us to do anything he doesn't empower us to do. When Paul prays for Philemon in v.6, what is he asking God to do in him? In order to become people who refresh others, what is the power source we must depend on to do this? How will you depend on God this week to become a person who refreshes others?