



A light to my path. Psalm 119:105

Refreshed in Hard Times!

When our efforts toward others in our family, occupation, or relationships show signs of weariness, where do we go for refreshment? We may think of a special place where we experienced a refreshment that felt like renewing. Then, something pushes that pleasant thought out of our mind, replacing it with thoughts of no money, or too many tasks to do. Demands in our lives can seem endless; yet there is a nagging need for refreshment. Where can we get a refreshment that lasts? One for which we do not pay, and it is always available. In Matthew 11:28 (NKJV) Jesus tells us to come to him in our hard times, and he will give us rest. In his rest, Jesus refreshes our minds and bodies, making us feel renewed (Psalm 23:1-4; Isaiah 28:12; Jeremiah 31:25; 2 Timothy 1:16). Jesus' rest is as refreshing as the living water he promised the Samaritan woman at the well (John 4:7-26). It is God's will and his desire to give us refreshment in our hard times. The Apostle Paul found it in his time with other believers (Romans 15:32). We can receive refreshment by reading God's word. It becomes a lamp that shows us where to walk and not to walk. It is a light revealing the condition of the path we are walking on (Psalm 119:105). A path on which to continue or to avoid. Do not resist the rest that gives true refreshment in hard times. Shalom!!

Love Life Ministry, Inc.

Touching People with the Healing Power of God's Love[©]

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