

February 18, 2023

The Lord wants you to live in His liberty and freedom.

Jer. 31:25 *I will refresh the weary and satisfy the faint. (NIV)*

Isn't this verse just like our loving God? I think we have all needed times of refreshing. Sometimes the rigors of life seem to weigh us down and we feel like we have been treading water way too long. I love the freedom that God's word brings when we meditate on it. Here are some examples:

Isa. 59:11 *The Lord will guide you always; He will satisfy your needs in a sun-scorched land and will strengthen your frame. You will be like a well-watered garden, like a spring whose waters never fail. (NIV)*

Isa. 40:30-31 *Even youths grow tired and weary, and young men stumble and fall; but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint. (NIV)*

Acts 13:9 *Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the LORD. (NIV)*

1 Cor. 16:18 *For they refreshed my spirit and yours also. Such men deserve recognition. (NIV)*

Spend some time with the LORD today. Allow His Spirit to wash over you and refresh you. He is the loving Father and He always takes care of His children. And He always will. Bask in that thought today.

Dear LORD, we look to You for our strength and refreshing. There is nothing that we need more than You. Fill us with Your Spirit today. In Jesus Name, Amen