

DOCTRINE OF REFRESHMENT

1. Definition:

- a. While refreshment in the English language generally connotes food or beverage or a light meal, it has a much greater connotation in the Word of God.
- b. Refreshment in the Word of God means to **restore the strength and energy of the soul.**
- c. It means to **revive divine viewpoint thinking** in the soul through the function of fellowship and social contact and the interchange of Bible Doctrine.
- d. Refreshment means **supplying what is necessary** for spiritual recovery in others.
- e. Refreshment becomes **spiritual blessing** in times of adversity or disaster.
- f. Refreshment is for **soul recovery** from any adverse condition whether stress, pressure, carnality, or even reversionism (extreme and extended carnality).

2. Vocabulary:

- a. ἀναπαύω - anapauo - (Gk. vb.) **to refresh** (Matt. 11:28; 1 Cor.16:18; 2 Cor. 7:13; Philemon 7, 20)
- b. ἀναψύχω - anapsucho - (Gk. vb.) to revive, **to refresh** (2 Tim. 1:16)
- c. καταπάωσις - katapausis - (Gk. n.) **rest**, place of rest (Heb. 3:11; 4:1, 3, 5, Heb. 4:10, 11)
- d. παρακαλέω - parakaleo - (Gk. vb.) to exhort, **to encourage** (Heb. 3:13)
- e. παράκλησις - paraklesis - (Gk. n.) **encouragement**, exhortation, comfort (Phil. 2:1; Philemon 7)
- f. οἰκοδομέω - oikodomeo - (Gk. vb.) to build up , **to restore**, to edify, to strengthen (1 Cor. 8:1)
- g. מְנוּחָהּ - MeNUCHAH - (Heb. n.) **rest**, repose, a place of rest (Psa. 95:11; Isa. 28:12)
- h. מְרֵגְגֵהָ - MAREGGE'AH - (Heb. n.) repose, **refreshment**, tranquil habitation (Isa. 28:12)
- i. נוֹחַ - NOACH (NOAH) - (Heb. n.) **rest** (Gen. 6:29)
- j. נוּחַ - NUACH - (Heb. vb.) **to rest**, to lie down (Ex. 23:12b; Psa. 95:11)
- k. נָפַשׁ - NAPHASH - (Heb. vb.) **to rest**, to have breathing time (Ex. 23:12c; 31:17)
- l. רָוַח - RAVACH - (Heb. vb.) to be spacious, to loose, to breathe, **to refresh** (1 Sam. 16:23)
- m. רָפַד - RAPHAD - (Heb. vb.) **to refresh**, to support, to spread out (as a bed) (Job 17:13)

- n. רְפִידִים - RePHIDIM - (Heb. n.) **place of refreshment** (Ex. 17:1; 19:2)
 - o. שָׁבַת - SHABATH - (Heb. vb.) to cease, **to rest** (Gen. 2:2, 3; Ex. 23:12a)
 - p. שַׁבָּת - SHABBATH - (Heb. n.) cessation, **a time of rest**, the Sabbath (Ex. 20:8)
 - q. שַׁבְּתוֹן - SHABBATHON - (Heb. n.) rest, **a time of rest** (Ex. 31:15)
3. God is the originator of rest and refreshment. (Gen. 2:2, 3; Ex. 23:12; 31:13-17)
 4. Response to the Word of God is called **refreshment** (Rom. 15:32; 2 Cor. 7:12, 13; Acts 3:19) and **encouragement**. (Rom. 15:4; Col. 2:2; Heb. 6:18)
 5. Some Biblical examples of refreshment:
 - a. When King Saul was in reversionism, David refreshed him by playing the 10-string. (1 Sam. 16:23)
 - b. **Believers refresh other believers.** (1 Cor. 16:17, 18; Philemon 7, 20)
 - c. Paul receives refreshment from Onesiphorus. Therefore **pastors refresh other pastors.** (2 Tim. 1:16)
 - d. Barnabas is called a “**son of encouragement**”. (Acts 4:36; 11:22-24)
 6. The teaching of Bible Doctrine is the key to the ministry of refreshment. (Prov. 25:13)
 - a. In this verse we find a parabolic tristich in which the first line gives an illustration of the second and third lines.
 - b. The first line speaks of the cold or cool of winter snow, not the fall of snow itself which would destroy the harvest.
 - c. This coolness would be refreshing to those working in the heat of harvest time.
 - d. In the same way, a messenger who was sent out and now returns with an answer refreshes the souls of those who sent him out.
 - e. The pastor/teacher is sent out by the congregation to bring back the communicated Word of God. (Col. 2:2)
 - f. In this way, the pastor/teacher refreshes the soul of each believer in his congregation like the one carrying snow from the mountain clefts to the coast towns to cool drinks in the ancient world.
 7. The rejection of the teaching of Bible Doctrine brings **discipline** and **loss of refreshment**. (Isa. 28:8-14; Prov. 17:22)
 8. Encouragement and edification are part of the ministry of refreshment.
 - a. **Encouragement** - the act of inspiring with courage, spirit, or hope or the state of being so inspired, spurred on, or stimulated.
 - (1). God the Father and the Lord Jesus Christ give us encouragement. (2 Cor. 1:3-7; 2 Thess. 2:16, 17)

- (2). The Holy Spirit gives us comfort and encouragement. (Jn. 14:16, 26; 15:26; John 16:7)
 - (3). Believers should **encourage other believers**. (Heb. 3:13; 10:23-25 with 1 Cor. 13:13 and 1 Pet. 4:8; also 1 Thess. 3:2, 7; 4:18)
- b. **Edification** - the act or process of building a large structure or an abstract structure through spiritual instruction.
- (1). **Building up one another**. (1 Thess. 5:11-15; Rom. 14:19; 15:2; 1 Cor. 10:32, 33; Heb. 12:14; Rom. 12:18; cf. Rom. 12:10; Phil. 2:3, 4)
 - (2). **Love builds up**. (1 Cor. 8:1; 10:23)
 - (3). **Build one another with words**. (Eph. 4:29; Prov. 10:19-21; 12:25; 14:29 with James 1:19; Prov. 15:1, 2, 4, 7; 16:24; 17:27; 25:11; Eccl. 10:12; Col. 3:8; 4:6; Eph. 5:4; Matt. 12:34-37)