



7 Day Refresh

This is a very simple devotional focusing on some encouraging, uplifting, and refreshing Bible verses. This is a devotional focused on the times when we are worn down, dried out, and feeling empty. If that's you, prepare to be refreshed by the Living God!

This devotional is organized with three parts each day. The **Text** includes those refreshing Bible verses. The **Tidbit** includes interesting observations about the text. The **Take-Away** includes ideas for reflecting on and applying the refreshing Bible verses to your life right now.

It is important to spend the time on the **Take-Away**. If you just read the text and move on without pausing to reflect on it, the refreshing water that your soul needs will simply flow over you like runoff when a lawn is watered too quickly. The time you spend on the **Take-Away** will allow God's refreshing water to penetrate into your heart where it is most needed.

I pray that you will find yourself at the end of this devotional feeling "like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither" (Psalm 1:3b).

In Christ's Service Together,
Pastor Cody Sandahl

Day One

Text

Jeremiah 29:11 – For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future.

Psalm 34:8 – Taste and see that the LORD is good; blessed is the one who takes refuge in him.

Tidbit

The Lord has good things in mind for us. The text from Jeremiah was written to the Israelites who had been defeated, enslaved, and taken away to Babylon. They were in the midst of dark times, and Jeremiah’s letter to them was a reminder of God’s refreshing hope in the middle of despair.

Take-Away

Write down some ways that God has been good in the past.

Write down some reasons you have to maintain hope during this time.

If you could wave a magic wand and have one thing happen in your future, what would it be?

What do you think God wants for your future?

Day Two

Text

Isaiah 40:28-31 – Do you not know? Have you not heard? The LORD is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and his understanding no one can fathom. He gives strength to the weary and increases the power of the weak. 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.

Tidbit

This text is part of a longer prayer for comfort for God's people. In fact, many of the elements of this chapter were comforting to a worried nation at the time AND they contain prophecies about John the Baptist and Jesus bringing comfort to *all* people.

Take-Away

Write down some of the things that are getting you through the day.

God sometimes changes circumstances, but he often changes people. Examine your life right now – where do you have extra measures of strength or patience or perseverance that you can't explain?

When we are faced with a long and difficult journey ahead, we can feel defeated before we even begin. How can you walk for a while before you even worry about running during this journey?

Day Three

Text

Romans 8:38-39 - For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

Psalm 27:4 - One thing I ask from the LORD, this only do I seek: that I may dwell in the house of the LORD all the days of my life, to gaze on the beauty of the LORD and to seek him in his temple.

Tidbit

In this section of Paul's letter to the Romans, he was encouraging them to persevere in their faith through struggles and persecution. He was reminding them (and us) that neither life's blessings nor life's curses, neither our own self-congratulation nor our own self-condemnation can pry us away from God's love for us.

Take-Away

Reflect on this quote from Hal Lindsey: "Man can live about forty days without food, about three days without water, about eight minutes without air...but only for one second without hope."

One of the fundamental human longings is to be loved. How does it affect you to know that you are deeply loved by God *no matter what?*

What have you been hiding from God? How does God love you through that?

Day Four

Text

2 Corinthians 4:16-18 – Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.

Tidbit

If we believe that God is eternal (and we do), then our earthly lives are a very important but ultimately short chapter in our overall story. The real action is found in whatever God is doing in us, through us, around us, and in all of Creation. That doesn't minimize what we experience and feel and do in this life, but it does give us a source of strength and hope that cannot be overcome by anything we experience.

Take-Away

Our text says that Christ renews us every day. Thinking back on the last few days, how has Jesus been renewing and refreshing you in some way?

What's the worst that could possibly happen in your situation? Even if that happens (and it usually doesn't), write down some reasons you can still have eternal hope in God thanks to Jesus.

Who has been a great encourager in your life? Imagine that person (or ask them) giving you a pep talk right now. What would they say?

Day Five

Text

Philippians 4:6-7 – Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Proverbs 18:10 – The name of the Lord is a strong fortress; the godly run to him and are safe.

Tidbit

The phrase “do not worry” is a little more specific than it sounds. It really means “do not be consumed by your anxieties.” Everyone worries – even if it’s only worrying about not worrying too much! But Jesus grants us the ability to keep a broader perspective and maintain a sense of peace even in the middle of a storm.

Take-Away

Sometimes when we write down or speak our fears, they lose much of their power over us. Write down your anxieties right now. If you’re really bold, tell someone else!

Imagine having a conversation with Jesus about all of those anxieties. What do you think he would tell you?

Even if you can’t see any way out of your situation, you can pray for a sense of peace which is beyond all human understanding. Write down a prayer.

Day Six

Text

Hebrews 12:1-2 – Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God.

Tidbit

This section of the book of Hebrews lists an impressive number of people from the Bible who persevered through difficult times thanks to their faith. You are not alone. Others have faced trials of many kinds and found their way by standing on the rock of Christ. You are not alone.

Take-Away

Write down the names of people who have impressed you with their perseverance.

Write down the names of people who would be willing to support you or listen to you or pray with you during this time of your life.

How can you fix your eyes on Jesus right now?

Day Seven

Text

Genesis 2:2-3 – By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.

Psalm 46:10 – He says, “Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.”

Tidbit

If God can take a break, so can you! The universe didn't stop when *God* rested, and it won't stop if you rest, either!

Take-Away

Write down some ways or times you will intentionally set aside for rest and restoration today.

At the end of the day, reflect on how you followed through on your intentional rest.