

Refreshment for the Heart

Arthur Barry

For I have derived much joy and comfort from your love, my brother, because the hearts of the saints have been refreshed through you. Philemon 1:7

Paul compliments Philemon on being one who refreshes the hearts of the saints. What does that mean?

The definition of *refresh* is to restore or maintain by renewing supply. Basically, it means to make fresh again. I picture a wilted flower that lacks water and the transformation that takes place when someone waters it.

A term we have been exposed to lately is “refresh rate” and it refers to computer monitors and TVs. Images we see on those screens are actually redrawn or refreshed sometimes as much as 100 times a second. Our hearts have a refresh rate that is simply called the heart rate. If we think of an actual biological heart and how it is refreshed, don’t we have to think about blood? Our hearts are refreshed by the very blood that they pump around our bodies. That blood, in turn, carries a refreshing supply of oxygen to our vital organs. The oxygen comes from the air we inhale. All life is constantly in need of refreshment, and so it is with life in Christ. As long as faithful people are living in this physical world their faith will need to be replenished, and God has provided generously for that need.

One very important source of refreshment is other Christians. Each one of us has the God-given ability to water other souls that may be thirsty. Are you thirsty? Philemon was one who recognized the need for refreshment and was willing to offer it to others. True refreshment in Christ comes by being washed in the blood of Christ, of course, so he must have had a deep sense of his own need for refreshment. That means he would have found it easy to repent and to confess his sins (1 John 1:7-9). He would have encouraged others in their own faith by his words and deeds that testified to the fact that Jesus Christ was alive. He would have welcomed those who shared the message of Christ. In verse 5 Paul says Philemon has love for Jesus and the saints.

There is a balance there that is often hard to strike in this world. In verse 6 Paul reminds Philemon to be active in sharing his faith and the reward will be that he has a full understanding of every good thing the saints have in Christ. Doesn’t that sound refreshing? Isn’t that refreshment we can share with each other? To know the good things we have in Christ and to actively share that faith is something like the heart that exists just to pump oxygen rich blood around to other parts of the body.

All of this heart talk has to be understood in light of the fact that in Paul’s day the digestive system was considered to be the source of emotions. What we feel in our hearts they felt in their intestines. The illustration might not seem quite as romantic to us but the same principle of being a source of refreshment applies. If we remain faithful, we will someday lay aside not only the need for physical refreshment but also for spiritual refreshment.

Nobody in Heaven will be looking for refreshment. Heaven’s refresh rate is eternal.



That meets at 701 South Wilbur, Sayre, PA 18840
(570) 886-1838

Arthur Barry, Evangelist- (607) 280-1732

December 27, 2020

WELCOME!

Sunday

Bible Class- 9:30 a.m.

Worship- 10:30 a.m.

Wednesday

Bible Study-6:30 p.m.

All the churches of Christ greet you.

Romans 16:16

Today’s Sermon: *Do You Believe?*

Sermons are recorded and are available for listening on the church website.

Bulletins are archived on the website.

valleycitieschurchofchrist.org

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www.facebook.com/valleycitiescoc

Headphones are available for the hearing impaired.

Scripture Reading: Acts 5:1-11

ANNOUNCEMENTS / UPCOMING EVENTS...

- **Sunday Morning Bible Class:** Today Paul will begin teaching from the Psalms.
- **Wednesday Evening Bible Class: December 30th: Haggai**
- **Sojourners: Mike and Nadine Huddleston, Larry and Kay Little and two other couples** hope to be here the last week in June and the first two weeks in July.



NEWS

- We had a fun and inspiring time on Wednesday as we sang carols and Christmas songs on the porch. We had visitors from Horseheads church and at least one listener tried to record us! We enjoyed ourselves enough that we plan to do this again next year, Lord willing.
- G.K. Pennington lost his battle with esophageal cancer a week ago yesterday. He was the first person to teach Arthur and Sandy the gospel when he preached for the church in Endwell, and he baptized them both on June 4, 1976. He also baptized Darlene several years later.
- Our church donated to Helping Hands International, a work of the church in Nashville, TN, in memory of John Chacona, Ted's brother, and we will donate to the Post Stroke Association in memory of Linda Lombardi, Paul's sister.
- **Happy Birthday to Darlene** on Thursday, December 31st!
- Paul will be preaching this morning.

PRAYERS

- **Pray for all the Christian families who have lost loved ones the past few weeks: Ted's brother John, Paul's sister Linda, Doug Kashorek's wife Lori and Jo Pennington's husband G.K. We pray for peace and comfort that only God can provide.**
- **José Rivera**, Molly's husband, has been laid off work until he can stabilize his blood sugar levels. Please pray that he can do that soon.
- Pray for **Richard** who was hospitalized recently because of problems regulating his blood pressure.
- Pray for spiritual growth (increased Bible class attendance and greater participation in Bible reading programs) and more people in the area who want to worship with us here in Sayre.
- We are thankful that none of us here at Valley Cities has come down with Covid-19. Several of us have close relatives who were sick with it, but we thank God that all recovered fully.
- We are thankful for this year of 2020 coming to an end and a new year beginning! Happy New Year to us all!

If you have any PRAYERS or NEWS that you would like included in the bulletin, please contact Sandy at barncat7237@gmail.com or text or call (607) 261-0911.