

REFRESHMENT FOR THE HEART

Arthur Barry

Paul compliments Philemon on being one who refreshes the hearts of the saints. What does that mean? (Philemon 1:7)

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 breathe in. 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.



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May 15, 2022

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: Epistles of Christ

Arthur will be preaching this morning.

Scripture Reading: 2 Corinthians 3:1-3

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

Bulletins are archived on the website.

valleycitieschurchofchrist.org

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Headphones are available for the hearing impaired.

ANNOUNCEMENTS / UPCOMING EVENTS...

- ❖ **Sunday Morning Bible Class:** Paul will be continuing his lessons on the **Psalms** and stopping to sing a song from our songbook when appropriate.
- ❖ **Wednesday Evening Bible Class:** May 18th, on Zoom, 6:30pm- Arthur will be getting into Chapter 6 of Hebrews.
- ❖ **Next Potluck and Bring-a-Friend Sunday** June 19th.
- ❖ **Ladies' Class will be canceled on Tuesday and will resume on Tuesday the 24th with Lesson 8, Day 3.**
- ❖ **Next 5th Sunday Singing- May 29th, here at Valley Cities. That is in two weeks from today at 4:30pm.**
- ❖ **Sojourners here- July 30th – August 11th**



MAGI BOXES

We will be packing our boxes this afternoon after the potluck. We lack just a couple of things, but that will be taken care of tomorrow. We did an amazing job of donating items for 50 boxes in half the time others take for this work. Next time we can take the full year.

Mark Hatfield, our contact in Pittsburg, along with his wife Jane will be meeting Arthur and Sandy in Williamsport on Tuesday to pick up the boxes we packed.

- **Kay Little, who will be a Sojourner with us in July/August, has sent a list of possible ladies' classes for Valley Cities church. Sandy will be talking to as many ladies as she can today and will get in touch with any who are not here to find out your preferences before Kay calls again tomorrow afternoon.**

PRAYERS

- **Pray for the people of Ukraine!** Also pray for those who are helping them.
- **Please pray for the Endless Mountains church in Tunkhannock.**
- **Jackie and Darlene are recovering from Covid.**
- **Steve and Amy's friend Sharon Morningstar** has been diagnosed with lupus.
- **Dan Myer** will be having SBRT (radiation) on his lungs soon. Please pray for him.
- **Doug Elsbree's friend Dave** has had a recurrence of liver cancer. Please keep both Doug and Dave in prayer.
- **Mary Wallenbeck** of Horseheads is recovering from a stroke which she suffered a few weeks ago while dining in a restaurant. She is also dealing with Parkinson's Disease and Leukemia.
- **Jeff Arditti**, who was being treated in Chicago for Guillain-Barré disease is back home now, feeling very well and driving! Thanks be to God.
- Pray for:
 - **Linnett Short** (lung cancer, tumor on liver)
 - **Deb Barnhardt** (lung cancer)
 - **Pat Guthrie** (lung cancer, chemo)
 - **Gail Westerhold** (problems with remaining kidney)
 - **Zachary Cowles** (deployment with the Army)
 - **Steve Noble** (needs lung transplant)
 - **Arthur's brother Chris** in England (Alzheimer's)
 - **Darlene's friend Connie** (stage 4 lung cancer)
 - **Jim Sexton** (stage 4 esophageal cancer)
 - **Jerry Lowe** (recovering from heart attack)

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.