

QTC 575 - Refresh One Another - Episode 1 - Jesus the Chief Refresher

Refresh One Another — Episode 1: Jesus the Chief Refresher

Series: Refresh One Another

Podcast: Quiet Time Coaching

Would you like to learn more about how to be refreshed and how to refresh others? That's what this new series is all about.

I'm Malcolm Cox, and this is Quiet Time Coaching, a devotional podcast. Today we begin a new series called "Refresh One Another", based on the Bible's one another commands and promises. And as we always should, we begin with Jesus.

Episode 1: Jesus the Chief Refresher

Do you need some refreshment right now? I don't mean just a good night's sleep or a break from a busy schedule. I mean the kind of refreshment that reaches into the deepest parts of you and brings relief, renewal, and peace. God knows we need that kind of refreshment. And the good news is this: Jesus is the chief refresher. In [Matthew 11.28-30](#), Jesus says:

"Come to me, all you who are weary and burdened, and I will give you rest."

The word translated "rest" is the Greek word *anapauō*. It means to bring rest, relief, or renewal after a time of pressure. It's the same word Paul uses in Philemon when he speaks about being refreshed. See Philemon 7 & 20.

I love the NT Wright paraphrase of the Matthew passage:

"Are you having a real struggle? Come to me! Are you carrying a big load on your back? Come to me — I'll give you a rest! Pick up my yoke and put it on; take lessons from me. I'll be gentle with you. The last thing in my heart is to give you a hard time. You'll see — rest you need, and rest you shall have."

Jesus doesn't just acknowledge our burdens. He invites us to bring them to him. And in [Mark 6.31](#), Jesus says to his disciples:

"Come with me by yourselves to a quiet place and get some rest."

Again, it is the same word: *anapauō*. Jesus cares about the weariness of his people, and he provides what they need.

So how do we experience this refreshment? One vital channel is directly through Jesus. Are you carrying a heavy load? Have you brought it to Jesus? Not just mentioned it briefly, but truly come to him and handed it over? Jesus is the chief refresher. He knows what you need, and he offers rest for your soul.



Reflection Questions

1. What does refreshment from Jesus look like in your life right now? Not just physical rest, but soul-level relief.
2. When was the last time you truly came to Jesus with your weariness, not just mentioning it but handing it over to him?
3. The Greek word *anapauō* means to bring rest after pressure. Where do you most need that kind of rest today?

If you have any questions or feedback, please contact me at malcolm@malcolmcox.org.

Many thanks for listening. Join me next time for Episode 2 — “Refresh One Another in Community.”

I hope this episode has helped you find refreshment in Jesus.

God bless,
Malcolm

