

QTC 576 - Refresh One Another - Episode 2 - Refreshment in Community

Refresh One Another — Episode 2: Refreshed By Community

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.

This is Episode 2 of our mini-series "Refresh One Another".



Episode 2: How It Looks in Community

Last time we saw that Jesus is the chief refresher. He invites us to come to him for rest - [Matthew 11.28-30](#). But there's more, and it's wonderful — one of the primary ways he refreshes us is through each other. Take the example we find in Philemon.

Paul writes to Philemon in verse 7: "Your love has given me great joy and encouragement, because you, brother, have refreshed the hearts of the Lord's people." And again in verse 20: "I do wish, brother, that I may have some benefit from you in the Lord; refresh my heart in Christ." ^[1]

Paul is asking for refreshment. Yes, even the great apostle, the church planter, the writer of half the New Testament — he needed to be refreshed by someone else. If Paul needed it, how much more do we?

So what is it about what other people do that refreshes you? The "one another" passages in scripture point us to practices like listening, hospitality, and encouragement.

This afternoon I'm going to be visited by my old friend, Bruce. I am looking forward to it for many reasons, but perhaps the chief one is that I always leave conversations with him feeling refreshed. He has the gift of refreshment and I'm the lucky recipient today.

If you follow Christ, you're called to be part of a community of refreshment.

Reflection Questions:

1. Who is someone in your life who refreshes you? Have you told them?
2. What is it about what other people do that refreshes you — listening, hospitality, specific encouragement?
3. What gets in the way of you asking for refreshment when you need it?

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

Many thanks for listening. Join me next time for Episode 3 — "The Exhortation: Participate, Don't Just Congregate."

Take care and God bless, Malcolm

Sources

1. [1. Refresh One Another Part 1 - Philemon 7, 20](#) ↩