

## Refreshing The Soul

### Description

Acts 3:17-26

There is nothing quite so refreshing as a cold glass of water on a hot day. I learned that when you feel thirsty, you are already a quarter low in the water your body needs. If you wait until you're thirsty to replenish your body's water, you are already behind.

The idea of repentance is not an uncommon one in the church. We likely have heard many sermons, Bible studies, and worship songs talking about it. Admitting our guilt, saying we are sorry, and turning away from those actions and toward God are all parts of repentance. We know that this is all part of our relationship with God and our relationship with others. Repentance is how the kingdom works to build community.

Have we ever considered that repentance is the gift God gives us to refresh our souls? Imagine that cool glass of water on a particularly hot day. That refreshing feeling is not a lot unlike the refreshment that repentance gives us as we turn to God and live in right relationship with Him and others. Take joy in that today.

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### Date Created

2024/01/25

The Foundry Publishing