

Times of Refreshing

Psalm 92

Has life left you depressed? Is it Fitness? Finances? Family? Have you lost your drive and determination?

B.L.U.F.F. (Bottom Line Up Front) – God calls *times of refreshing* “oil of gladness”. We need that oil to rejuvenate us.

1. A Persistent Problem & It's Solution

Sin breaks us. We struggle with it's impact in our lives. Our only hope is for God to pour refreshing oil over our parched souls to give us fresh joy.

- God has a conflict with sin – Hebrews 1:8-9a
- Jesus has a solution to that conflict – Hebrews 1:8-9 (Psalm 45:7)
- Jesus' ministry is to supply that oil to me – Isaiah 61:1-3, 10
- I am the recipient of that oil – Psalm 92:10; 23:5

2. A Sabbath Solution

Note the psalms title – this is a Sabbath day song. The Israelites spent Saturday resting and focusing on God. This song was a favorite on this day of focus. It addressed the heart of life.

1) A Christian's Worship v. 1-5

The key to worship is the heart of gladness (v. 4a).

The key to gladness is the work Jesus accomplished (v. 4b-5).

What was that work? Romans 11:33-36; Ephesians 1

2) An Unsaved One's Conflict v. 6-9

This conflict was seen in Hebrews 1:9

3) A Christian's Contrast v. 10-11

Conflict solved! Refreshment is real!

4) A Christian's Worship v. 12-15

Ending well.



43100 Center Street
South Riding, VA 20152
www.cbc4me.org
703-327-0204

End well...refreshed!