

REFRESHING IN THE LORD: RESTORE YOUR SOUL, RENEW YOUR STRENGTH

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*"He restores my soul.*

*He leads me in paths of righteousness*

*for his name's sake."*

Psalm 23:3

## **Refreshing Ourselves in the Lord is Essential**

God our Creator Father exists in the stillness. He is the *"peace that passes all understanding."* He is the Shalom, the wholeness and peace, that is at the core of our existence, in which our soul was birthed.

So it is essential that we build time into our lives, even our daily schedule, to *"Be still and know that I AM God."* (Psalm 46:10) That is, to experience and connect with God in the stillness. This is essential in an overload world where technology consumes our attention, time and energy.

## **The Law of the Sabbath - Holy Rest**

The 4th Commandment gives us the Law of honoring the Sabbath, which is the spiritual law of rest, renewal and refreshment in the Lord of Shalom. The derivation of Sabbath or Shabbath, comes from "to cease". To cease activity. To *"Be still and know that I AM God."*

The purpose of Sabbath is to renew our strength and spirit, to restore and refresh our soul, to rejuvenate our body. The purpose of this law of rest is to re-attune us to our Creator who exists in the eternal Rest, the eternal Shalom-peace that passeth understanding; that surpasses our mind understanding, calculations and busyness.

***The purpose of the law of rest is to re-attune us to our Creator.***

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“Remember the Sabbath day, to keep it holy.”

Exodus 20:8

But we need more than one day of rest each week, throughout our year. We need time to truly tune out from the world and tune in to the Silence and Stillness of our Creator.

So as Intercessors, let us intercede that the pursuit of and commitment to spiritual regeneration becomes a part of the Christian culture; to strengthen, heal and empower our body, mind and soul in Christ Jesus.

Dear Heavenly Father, We Pray....

For your people to be refreshed in You, that their souls be restored and that You renew their strength — body, mind and soul.

Pour Your Shalom Across Our Lands

- ◆ Dear Heavenly Father, we ask You to pour out your Shalom — your peace that passes ALL understanding, across our lands, across America and all her peoples. Cover us and fill us with your healing, restorative Shalom now.
- ◆ I pray Psalm 16:8-11 over America: Lord God, *we set the Lord always before America; because You are at our right hand, we shall not be shaken. Therefore our hearts are glad, and our whole being rejoices; our flesh also dwells secure. For You will not abandon our souls to Sheol, or let your holy one see corruption. You make known to us the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore.* Thank you Heavenly Father for your Hand of Shalom over America!

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- ◆ As your Intercessors Lord God, we pray to You that the pursuit of and commitment to spiritual regeneration becomes a part of the Christian culture; to strengthen, heal and empower our body, mind and soul in Christ Jesus.
- ◆ Lord God, make your Presence go with America and give us rest, according to Exodus 33:14. Let this rest heal our rifts, heal our strife and heal our hearts. Let NO weapon sent against America prosper.

### **Sabbath Rest Leads to Eternal Rest**

- ◆ Dear Heavenly Father, Your Word makes it clear that if we do not believe in Your Word (and Your Laws ARE Your Word), we are not able to enter into eternal rest with You. So if we cannot or will not truly honor the Sabbath and disconnect from the secular world, how we can expect to enter into eternal rest with You?
- ◆ For Hebrews 3:18-19 exclaims: *“And to whom did God swear that they would never enter his rest if not to those who disobeyed? So we see that they were not able to enter, because of their unbelief.”*
- ◆ So Lord God, we ask You to convict your sons and daughters of the value and purpose of taking true rest, allowing You to be the centerpiece of their time of rest, creating space for silence and stillness to hear from You, to attune to You in the silence, to enable them to hear YOUR voice over all the clutter and clamor of this world.

### **Beckon People to Peace**

- ◆ Dear Heavenly Father, we pray that our brethren in the Faith will discover and experience that resting in your peace and stillness allows You to bring victories and resolution to problems.

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- ◆ Psalm 37:7 instructs: *“Be still before the Lord and wait patiently for him; do not fret when people succeed in their ways, when they carry out their wicked schemes.”*
- ◆ Father Abba, *may You, the God of hope fill your people with all joy and peace in believing, so that by the power of the Holy Spirit they may abound in hope,* according to Romans 15:13.
- ◆ *Quiet us by your love,* Heavenly Father God, according to Zephaniah 3:17. Pour out your Shalom into our heart, mind, body and soul.

Call Them To Your Rest

- ◆ Dear Heavenly Father, call your people to your rest. Convict them of the treasures that are found in resting in You.
- ◆ We release Matthew 11:28 as an exhortation and invitation, that the souls coming into your Kingdom will hear this with their hearts and spiritual ears: *“Come to me, all who labor and are heavy laden, and I will give you rest.”*
- ◆ Lord God, convict your sons and daughters that rest and stillness actually strengthen us, both spiritually and physically; as Isaiah 30:15 consoles: *“In repentance and rest is your salvation, in quietness and trust is your strength.”*

Restore Our Souls

- ◆ Dear Heavenly Father, it's hard to always remember to take time out, quiet time, that You may enter in to restore my soul. I give over to You any compulsions, bad habits and blockages I may have, that stand in the way of my soul being refreshed in You. And I pray this for my brethren in the Faith.
- ◆ I take hold of Jeremiah 31:25 which says: *“For I will satisfy the weary soul, and every languishing soul I will replenish.”* Lord God, I ask You to

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satisfy all the weary souls in our country, replenish them with your love and Shalom.

- ◆ Lord God, I yield to your stillness and proclaim Psalm 23:3, that *You restore my soul. You lead me in paths of righteousness for Your name's sake.* I surrender to your paths of righteousness for my life, instead of always trying to steer my own ship. Restore the souls of your people Lord God! Restore their souls!
- ◆ Lord God Abba, I commit to making moments in my days to hear from You, sitting in stillness and waiting on You, for Isaiah 40:31 promises: *“But they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.”*
- ◆ Heavenly Father, please reveal to me the depths of the meaning of Psalm 19:7: *“The law of the Lord is perfect, reviving the soul; the testimony of the Lord is sure, making wise the simple.”* Through your Holy Spirit, guide and speak to your sons and daughters, how your perfect law revives our soul.

#### Renew Our Strength

- ◆ Dear Heavenly Father, every battery runs down; and so do ours, regardless of our faith. I ask You to renew my strength. Renew the strength of your remnant, your sons and daughters; especially those who have been fighting the good fight, faithfully standing in the gap.
- ◆ Isaiah 41:10 comforts me: *“Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.”*
- ◆ I take hold of 2 Corinthians 4:16-18, proclaiming: *I do not lose heart. Though my outer self is wasting away, my inner self is being renewed day by day. For this light momentary affliction is preparing for me an eternal weight of glory beyond all comparison, as I look not to the things*

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that are seen but to the things that are unseen. For the things that are seen are transient, but the things that are unseen are eternal.

- ◆ Heavenly Father, I ask You to fulfill Your Word from Isaiah 44:3, *“For I will pour water on the thirsty land, and streams on the dry ground; I will pour my Spirit upon your offspring, and my blessing on your descendants.”*

SEALING PRAYER

*“Therefore, since the promise of
entering his rest still stands,
let us be careful that none of you
be found to have fallen short of it.”*

*"There remains, then,
a Sabbath-rest for the people of God;
for anyone who enters God's rest
also rests from their works,
just as God did from his.
Let us, therefore,
make every effort to enter that rest,
so that no one will perish
by following their example of disobedience.”*
Hebrews 4:1; 9-11

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