

Refreshed in Christ

Scripture Reading: Philemon 1-7

Opening Question: What comes to mind when you think of 'refreshing love' in today's world?



Paul: The Apostle and writer of Philemon

Timothy: *Our Brother* in Christ. Writer of 1 and 2 Timothy

Philemon: Recipient of the letter. Converted to Christ. Owner of Onesimus. Host of house church. Refreshed Christians in his ministry.

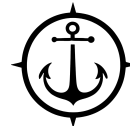
Apphia: *Our Sister* in Christ. Believed to be wife of Philemon

Archippus: *Our Fellow Soldier*. Believed to be son of Philemon. Mentioned in Colossians 4:17



Beloved: beloved, worthy of love, esteemed

- **Philemon 1:1 ESV, Romans 1:7 KJV, Colossians 3:12 ESV, 1 Thessalonians 1:4 KJV**



Grace and Peace

- **Grace:** God's undeserved / unmerited favor. | Romans 3:23-24, Romans 11:6, Titus 3:5-7, Ephesians 2:8-9, Romans 5:1-2 (Grace and Peace)
- **Peace:** The calm (peace) that comes from God | Philippians 4:7, John 14:27, *Romans 5:1-2 (Grace and Peace)*

Two Types of Refreshing: Vertical and Horizontal Refreshment.

- Christ refreshes our hearts. | *Vertical* | **Matthew 11:28-30**
- We should refresh the hearts of others | *Horizontal* | **1 Corinthians 16:17-18, 2 Corinthians 7:13, Philemon 1:7**

Closing Question:

How can we seek refreshment in Christ? How can we seek to refresh others in His name?