

Refreshing Comfort

Comfort > Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my anointing upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my anointing is easy to bear, and the mantle I give you is light. (Matthew 11:28-30)

Cup of Sorrow > Then Jesus went a little farther, fell to the ground, and began to pray that if it were possible, the hour might pass from him. And he said, “Abba, Father! All things are possible for you. Take this cup away from me. Nevertheless, not what I will, but what you will.” (Mark 14:35-36)

Eternal Glory > Now the God of all grace, who called you to his eternal glory in Christ Jesus, will personally restore, establish, strengthen, and support you after you have suffered a little. The dominion belongs to him forever, amen. (1 Peter 5:10-11)

Morning Joy > LORD my God, I cried to you for help, and you healed me. LORD, you brought me up from Sheol; you spared me from among those going down to the Pit. Sing to Yahweh, you his faithful ones, and praise his holy name. For his anger lasts only a moment, but his favor, a lifetime. Sorrow may last for the night, but his joy comes in the morning. (Psalm 30:2-5)

Refreshment > The LORD is my Shepherd; he faithfully provides everything that I need. He makes me lie down in green pastures; he leads me beside quiet waters. He restores my soul; he guides me along the right paths for his name’s renown. (Psalm 23:1-3)

Rest > Yes, my soul, find rest in God; my hope comes from him. Truly God is my Rock and my Salvation; he is my Fortress, I will not be shaken. My salvation and honor depend upon God; he is my Mighty Rock, my Refuge. Trust in him at all times, you people; pour out your hearts to him, for God is our Refuge. (Psalm 62:5-8)

Strength > Yahweh is my Strength and Shield. I trust him with all my heart. He helps me, and my heart is filled with joy. I burst out in songs of thanksgiving. Yahweh gives his people strength. He is a Safe Fortress for his Anointed King. Save your people! Bless Israel, your special possession. Lead them like a Shepherd, and carry them in your arms forever. (Psalm 28:7-9)

Suffering with Jesus > All who are led by the Holy Spirit are God’s sons and daughters. For we have not received a spirit of slavery to fall back into fear, but we have received the Spirit of adoption, by whom we cry out, “Abba, Father!” The Spirit himself testifies together with our spirit that we are God’s children, also heirs - heirs of God and coheirs with Christ - seeing that we suffer with him so that we may also be glorified with him. (Romans 8:14-17)

