

# Refresh

**What is Refresh?** It is a simple way to engage with God and others by reading, reflecting and responding to His word and energize your faith.

1. **Read\*:** A selected Bible text. (It could be a section or a chapter a day).
2. **Reflect:** What is the big idea? What does it reveal to me about God? What does it reveal to me about me and or the people in my life? What other observations do I have?
3. **Respond:** Truth demands a response! How will I honor God as a result of what I read? What changes do I need to make in response to His word? What specific steps will I take to make this truth part of my life? Discuss your answers with a friend.

## **Ways to Refresh with a friend or group:**

- Discuss over coffee, a meal, or on a hike. Be creative and make it fun.
- Chat in person or virtually
- Text *Refresh*. Choose a time during the day and connect with a friend or group via text message

\*You may rather enjoy your *Refresh* time by listening to the bible. Go to [Youversion.com](http://Youversion.com) and select the speaker icon in the upper right corner.