

A Heart Refreshed By The Holy Spirit

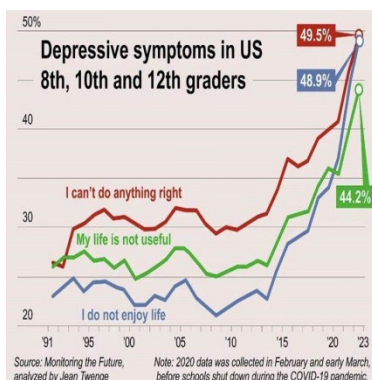
1 Samuel 16:14-23 (ESV)

Now the Spirit of the LORD departed from Saul, and a harmful spirit from the LORD tormented him. And Saul's servants said to him, "Behold now, a harmful spirit from God is tormenting you. Let our lord now command your servants who are before you to seek out a man who is skillful in playing the lyre, and when the harmful spirit from God is upon you, he will play it, and you will be well." So Saul said to his servants, "Provide for me a man who can play well and bring him to me." One of the young men answered, "Behold, I have seen a son of Jesse the Bethlehemite, who is skillful in playing, a man of valor, a man of war, prudent in speech, and a man of good presence, and the LORD is with him." Therefore Saul sent messengers to Jesse and said, "Send me David your son, who is with the sheep." And Jesse took a donkey laden with bread and a skin of wine and a young goat and sent them by David his son to Saul. And David came to Saul and entered his service. And Saul loved him greatly, and he became his armor-bearer. And Saul sent to Jesse, saying, "Let David remain in my service, for he has found favor in my sight." And whenever the harmful spirit from God was upon Saul, David took the lyre and played it with his hand. So Saul was refreshed and was well, and the harmful spirit departed from him.

Mental Health/ Mental Illness/ Spiritual Affliction

5 Essential Ingredients To Positive Mental Health:

- Sustenance (a good diet)
- Steps (physical exercise)
- Sunshine (outdoor activities)
- Social Interaction
- Sleep



Many of our afflictions can be traced to a deficit in one or more of these areas.

A Harmful Spirit: torment from the LORD

2 Samuel 22:5-6 (NIV)

The waves of death swirled about me; the torrents of destruction overwhelmed me. The cords of the grave coiled around me; the snares of death confronted me.

Isaiah 21:3-4 (NIV)

At this my body is racked with pain, pangs seize me, like those of a woman in labor; I am staggered by what I hear, I am bewildered by what I see. My heart falters, fear makes me tremble; the twilight I longed for has become a horror to me.

Why would God remove His Spirit? Why would God send a harmful spirit?

God's kindness leads us to repentance

Romans 2:4 (ESV)

Or do you presume on the riches of his kindness and forbearance and patience, not knowing that God's kindness is meant to lead us to repentance?

God will afflict us, because He loves us and wants what is best for us.

Psalm 119:71 (ESV)

It is good for me that I was afflicted, that I might learn your statutes.

King David was no less sinful a man than King Saul, but the one thing that set him apart was his willingness to repent

Psalm 51:8-13 (ESV)

Let me hear joy and gladness; let the bones that you have broken rejoice. Hide your face from my sins, and blot out all my iniquities. Create in me a clean heart, O God, and renew a right spirit within me. Cast me not away from your presence, and take not your Holy Spirit from me. Restore to me the joy of your salvation, and uphold me with a willing spirit. Then I will teach transgressors your ways, and sinners will return to you.

Rejoice in the refreshment that comes from repentance

2 Corinthians 7:9-10 (ESV)

As it is, I rejoice, not because you were grieved, but because you were grieved into repenting. For you felt a godly grief, so that you suffered no loss through us. For Godly grief produces a repentance, that leads to salvation without regret, whereas worldly grief produces death.

Acts 3:19-20 (ESV)

Repent therefore, and turn back, that your sins may be blotted out, that times of refreshing may come from the presence of the Lord, and that he may send the Christ appointed for you, Jesus.

Two ways we are refreshed by God's Holy Spirit in repentance

We Are Refreshed By Remembering Godly Character And Purpose

Saul's repeated failures came from forgetting his purpose

Deuteronomy 17:18-20 (ESV)

And when he sits on the throne of his kingdom, he shall write for himself in a book a copy of this law, approved by the Levitical priests. And it shall be with him, and he shall read in it all the days of his life, that he may learn to fear the LORD his God by keeping all the words of this law and these statutes, and doing them, that his heart may not be lifted up above his brothers, and that he may not turn aside from the commandment, either to the right or to the left, so that he may continue long in his kingdom, he and his children, in Israel.

David's character was as refreshing to Saul as the music he played

1 Samuel 16:18 (ESV)

One of the young men answered, "Behold, I have seen a son of Jesse the Bethlehemite, who is skillful in playing, a man of valor, a man of war, prudent in speech, and a man of good presence, and the LORD is with him."

We Are Refreshed When We Participate In Our Ultimate Purpose: Praise

Colossians 3:16-17 (ESV)

Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God. And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.

John 20:21-22 (ESV)

Jesus said to them again, "Peace be with you. As the Father has sent me, even so I am sending you." And when he had said this, he breathed on them and said to them, "Receive the Holy Spirit.

Hosea 6:1-3 (ESV)

Come, let us return to the LORD; for he has torn us, that he may heal us; he has struck us down, and he will bind us up. After two days he will revive us; on the third day he will raise us up, that we may live before him. Let us know; let us press on to know the LORD; his going out is sure as the dawn; he will come to us as the showers, as the spring rains that water the earth."