

God- our Satisfier/Refresher

Psalm 107:9- For he satisfies the longing soul, and fills the hungry soul with Goodness

As believers, we have a God that is close and he is in all that we called upon him for (Duet 4:7)

Where do you go to when you are weary and overwhelmed? Who do you run to? to many of God's people are depressed, burdened, sad and lack joy. (Your refresher is one whisper away and his name is Jesus)

John: 10:9- I am the door: by me if any man enters in, he shall be saved, and shall go in and out and find pasture. (Pasture)- land covered with grass and other low plants suitable for grazing animals, especially cattle or sheep. The Lord Jesus is saying I am suitable for you; I am all that you need.

Ways to receive satisfaction from the Lord: OBEDIENCE

- 1 Sam 15:22- And Samuel said, hath the Lord as great delight in burnt offerings and sacrifices, as in obeying the voice of the Lord? Behold, to obey is better than sacrifices and to listen than the fat of rams. Saul was more concern about his works for God, then his obedience to God)
- Proverbs 13:15- Good understanding giveth favor, but the way of a transgressor is hard; Your disobedience brings burdens and lack of peace, whereas your obedience brings joy and satisfaction-one of the most miserable persons on planet earth is a disobedient saint.
- Prov 19:23- The fear of the Lord tended to life, and he that have it shall abide satisfied. God wants us to respect and love him, because when you love him, it will hurt you more to offend him
- Psalm 91:16- With long life will I satisfy him and show him my salvation
- One man act of obedience brought satisfaction and fulfillment not only to him but to generations after him and we are presently benefiting to this day. Gen 22:15- And the angel of the Lord called unto Abraham out of heaven the second time and said, by myself have I sworn, saith the Lord, for because thou has done this

thing, and has not withheld thy son, thine only son; that in blessing I will bless thee, and in multiplying I will multiply thy seed as the stars of heaven, and as the sand which is upon the sea shore; and thy seed shall possess the gate of his enemies and in thy seed shall all the nations of the earth be blessed; because thou hast obeyed my voice. **Abraham's obedience brought forth this mighty declaration over his life; how can you not be satisfied when the Lord pronounce this blessing over you and your seed. One man's obedience set in motion the avenue and bloodline by which Jesus Christ would enter planet earth.**

PRAISE and WORSHIP is another way to receive refreshing and satisfaction from the Lord.

- Isa 61:3- (NIV) and provide for those who grieve in Zion; to bestow on them a crown of beauty instead of ashes, the oil of joy instead of mourning and a garment of praise instead of a spirit of despair; they will be called oaks of righteousness, a planting of the Lord for the display of his splendor. **Your praise and worship to God is a weapon against despair; Praise and Worship brings God's presence out of the temple- your body. When you worship and praise, the atmosphere of heaven enters in and pushes out the atmosphere of satan and thereby grants you refreshing**
- Acts 3:19- repent ye therefore, and be converted, that your sins may be blotted out, when the times of refreshing shall come from the presence of the Lord. **The presence of God brings strength and satisfaction, obedience and praise to God satisfies the soul of man; once the soul is satisfied by God, then all the things of this world will pale in comparison to God's satisfaction! There is no rest outside of God.**
- Isa 51:11- therefore the redeemed of the Lord shall return and come with singing unto Zion, and everlasting joy shall be upon their head; they shall obtain gladness and joy; and sorrow and mourning shall flee away. **We can have this joy right now in Christ Jesus. We don't have to wait unto we are in heaven to experience this joy; heaven is in us; Jesus is heaven, Jesus is the atmosphere of heaven**

Scriptures that we have access to in order to adjust the atmosphere in our lives or homes and bring satisfaction to our soul:

- Psalms 63:4-5- Thus will I bless thee while I live, I will lift up my hands in thy name, my soul shall be satisfied as with marrow and fatness; my mouth shall praise you with joyful lips
- Psalms 66:8-9- O bless our God ye people and make the voice of his praise to be heard, which holdeth our soul in life and suffereth not our feet to be moved

- Psalms 147:1-Praise ye the Lord, for it is good to sing praises unto our God, for it is pleasant and praise is comely
- Psalms 148:1-Praise ye the Lord, Praise ye the Lord from the heavens, praise him in the heights
- Psalms 148:3- Praise ye him sun and moon, praise him all ye stars of light

Oftentimes God will just refresh and satisfy you just because he is kind and good!

- Psalms 35:7- How excellent is thy lovingkindness O God! Therefore, the children of men put their trust under the shadow of your wings; They shall be abundantly satisfied with the fatness of thy house and thou shalt make them drink of the rivers of thy pleasures. (God will just satisfy you simply out of his goodness)
- Psalms 63:3- Because thy lovingkindness is better than life, my lips shall praise thee.

Abiding in him

Matthew 11:28-30, Come unto me, all ye that labour and are heavy laden and I will give you rest. Take my yoke upon you and learn of me, for I am meek and lowly in heart and ye shall find rest unto your souls, for my yoke is easy and my burden is light (The key is to come)

John 15:5-9, I am the vine, ye are the branches. He that abideth in me and I in him, the same bringeth forth much fruit for without me you can do nothing. If a man abide not in me, he is cast forth as a branch and is withered, and men gather them and cast them into the fire and they are burned. (Withered)

Psalms 73:25-26, Whom have I in heaven but thee? And there is none upon earth that I desire beside thee. My flesh and my heart faileth; but God is the strength of my heart and my portion forever. (Everything you need he is)