FRESH AS SPRING Ruling Elder Brian O'Roark March 5, 2023

Refreshment comes in many form:
G Psalm 103 is a Psalm of
Your is renewed.
O Proverbs 11:25 and Romans 15:32
You need to be in with others. This opens opportunity for
A Romans 12:2; Acts 3:19-20; Philemon 20
Do not
T of the aka the
Renew a within me. Psalm 51:10
According to his Titus 3:5
Do not 2 Corinthians 4:16
Finally:! Isaiah 40:31
Look for God to do something