

# Small Group Discussion Guide

**Message:** *God is My Refresher ... Sometimes*

Based on the Message by Pastor Adam Browett, Calvary Temple, February 2, 2025

**Scripture Passages:** Psalm 19:7-8, Psalm 23:1-3, Proverbs 11:25, Jeremiah 31:25, Acts 3:19

---

## Icebreaker Question:

**Have you ever run out of gas?** What happened and how did you feel?

---

## Discussion Questions:

1. **Psalm 19:7-8 says that God's Word refreshes the soul.** How have you experienced refreshment by reading and applying Scripture in your life?
  2. **Psalm 23:1-3 describes God as our shepherd who leads us to rest and renewal.** What are some practical ways we can intentionally "lie down in green pastures" and find refreshment in Him?
  3. **Proverbs 11:25 says, "Whoever refreshes others will be refreshed."** Have you ever felt spiritually or emotionally renewed by serving or encouraging someone else? Share an example.
  4. **Acts 3:19 talks about repentance bringing times of refreshing.** Why do you think repentance is key to experiencing God's renewal? Are there any areas in your life where God is calling you to turn back to Him?
  5. **What are the biggest obstacles that keep you from experiencing God's refreshment?** How can we support one another in staying connected to Him as our source?
- 

## Closing Prayer:

Take a moment to pray for one another, asking God to refresh any weary or depleted areas in your lives. Pray for strength to lean into His Word, rest in His presence, and extend refreshment to others.