

LEAVING EARTH: REFRESH!

Nov 11, 2012 • Pastor Gregg Matte • Acts 3:17–21

Repentance: a change of our thinking that changes the core of our living.
Luke 3:8; Acts 26:20

Repentance results in refreshment.
Acts 2:38

- True refreshment is a cool breeze without frogs.
- How?

1 Spiritual: Seek His face

Daily connection. Face to face.
Exodus 33:11; Psalm 27:8; Matthew 17:1–2

Strategic solitude; alone with a goal
Matthew 14:23; Mark 6:31

2 Physical: Diet, exercise and laughter

3 Mental: No screen zone & enjoyable diversion

To go someplace you've never been, you will have to do something you've never done.

This week I will refresh:

Spiritually by _____

Physically by _____

Mentally by _____

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