

Help Your Self to Some Refreshment

Americans spend annually \$550 million dollars a year on self-help books! Everyone from Doctor Phil to the shrink down the street have their advice out there for you to read, for a price. I want to share with you about a self-help book written by someone that was considered the wisest man of his day. His name was Solomon and his book Proverbs contains some of the best self-help advice you will ever get. The cool thing is it's free!

As we get ready for our offering let me read you two verses from Proverbs 11:24, 25. It says, "One person gives freely, yet gains even more; another withholds unduly, but comes to poverty. A generous person will prosper; whoever refreshes others will be refreshed."

I am not sure what all the advice of self-help books might be but study after study has shown that those that are generous are happier, healthier and live longer than those that aren't generous! Spending \$550 million dollars on self-help books will never do what giving money to others does!

I love the verse I read earlier that says, "Whoever refreshes others will be refreshed." Every time you give here you are helping refresh others. From the babies in the nursery to teens struggling to find their place in the world we teach the life changing impact of what a relationship with Jesus can do. Portions of your gift helps us refresh those in need not simply here in our city but literally around the world. Every time you give you are a part of refreshing someone else.

The neat thing about this passage is that it is a promise. "Whoever refreshes others WILL be refreshed." You can go out and buy a self-help book looking for refreshment of your spirit and soul or you can generously give to this offering and help yourself to some refreshment!