



THE LORD'S FLOCK GROWTH DIGEST

PASTORAL GROWTH SERIES

“RESTART”

Fresh Start with God – Part 2

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Sometimes we may not need to have a fresh start but just a restart. It is invigorating when we are refreshed with a cold drink after a very busy day, an intense workout, or on a hot day to quench our thirst and renew our energy. In Isaiah 55:1, he invites everyone who thirsts to come to the waters. Moreover, in the Feast of Tabernacle, Jesus exclaimed, “Let anyone who thirsts, come to me and drink” (John 7:37). Thus, Jesus offers free spiritual refreshments which no one can satisfy: to feed our body and soul (Jeremiah 31:25).

1. How did Jesus give spiritual nourishment to those who responded to His call?

1.1 The Woman in the Well (John 4)

- 1.1.1 Jesus waited patiently on the woman.
- 1.1.2 He spoke and spent time with her.
- 1.1.3 He shared the Gospel with her.
- 1.1.4 The woman willingly accepted Jesus.
- 1.1.5 The woman left her jar in the well which symbolized that she would not return to her old life because Jesus quenched her thirst.

1.2 Mary-Martha’s sister (Luke 10:38-42)

Mary sat at the feet of Jesus and listened attentively to what He was saying. Compared to Martha, Mary chose the better part.

1.3 Zacchaeus – the tax collector (Luke 19:10)

Jesus decided to stay at the home of Zacchaeus who gladly received Him. Consequently, Zacchaeus made amends by giving half of his possessions to the poor and repaid four times the people he had extorted. Salvation came to his house. Jesus came to seek the sinners and save them.

2. How do we get spiritual nourishment?

We need to:

- 2.1 seek Jesus while He can be found.
- 2.2 respond to His call or call on Him (Isaiah 5:6).
- 2.3 listen to His Word (Luke 10; John 7:37-39)

3. How do we restart when we are spiritually tired?

We should ask the help of the Holy Spirit (Ephesians 5:18-19) and start to:

- 3.1 pray consistently
- 3.2 read the Bible again
- 3.3 find time to talk to God regularly
- 3.4 serve Him (Isaiah 40)
- 3.5 frequent the Blessed Sacrament

Conclusion:

The Lord is inviting us to go to Him (John 7:37-39). It is always refreshing when we hear the Good News because a great sermon helps us rise highly motivated or become thoroughly refreshed. Let Him be the living water that will refresh our souls. The woman in the well found Jesus who crossed all barriers to share the Gospel. Therefore, we who follow Him should do no less.

Reflection:

- 1. Have you taken in things that fit into the category of spiritually healthy?
- 2. Have you been doing too much? Has your busyness caused you to move away from your quiet time?
- 3. How is your prayer life? God said He will refresh you; He will satisfy you.

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