

# REFINERY ROUNDTABLE

March 21, 2020



## Topic & Scripture:

### “Be Still”

- “Be still, and know that I am God! I will be honored by every nation. I will be honored throughout the world.”  
~ Psalm 46:10

### “Be Strong”

- “Those who wait on the Lord, Shall renew their strength; They shall mount up with wings like eagles, They shall run and not be weary, They shall walk and not faint.”  
~ Isaiah 40:31
- “I look up to the mountains— does my help come from there? My help comes from the Lord, who made heaven and earth! He will not let you stumble; the one who watches over you will not sleep.”  
~ Psalm 121:1-3

### “Be Calm”

- “Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you.”  
~ Philippians 4:6-9
- “That is why I tell you not to worry about everyday life—whether you have enough food and drink, or enough clothes to wear. Isn't life more than food, and your body more than clothing? Look at the birds. They don't plant or harvest or store food in barns, for your heavenly Father feeds them. And aren't you far more valuable to him than they are? Can all your worries add a single moment to your life?”  
~ Matthew 6:25-27

## Discuss:

Look at each of the scriptures on the left and discuss the following questions:

- What does God want me to understand with this scripture?
- How does this scripture apply to my current situation?
- What will I do different now that I have understanding?

## Helpful Hints:

- **Limit Media**  
Monitor the amount of media intake in your life. Looking at trusted media in a time of crisis can be helpful, but if you find yourself obsessing, then realize that “enough is enough.”
- **Meditate**  
Find a passage of scripture that builds your faith and focus on it. Memorize and repeat. It will wash away worry and fear.
- **Speak Life**  
Words matter. Proverbs 18:21 tells us that we have the power of life and death in our tongue. So use your tongue to speak words that bring life and health to you and your family.

## What else can I do?

- **Replenish** your soul. This is the time to pick up your Bible or an inspirational book and put some energy into your soul.
- **Exercise** for more energy. Oxygen and dopamine increase in the brain when you exercise causing positive feelings and better health.
- **Connect** with your family daily. This isn't the time to stay unconnected, it's a time to lean into each other and shower your family with A.W.E. (Affection, Warmth and Encouragement). Everyone is a bit on edge, so be purposeful with your positivity and love.
- **Eat Healthy.** Now we have the time to focus. Maybe there is something you need to stop eating or drinking that would help you with your life. Use wisdom with snack choice.