

REFINERY ROUNDTABLE

March 28, 2020



Topic & Scripture:

“Confidence in the valley”

- “For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.”
~ 2 Timothy 1:7 (NLT)

“Comfort in the valley”

- “The Lord is my shepherd; I have all that I need. He lets me rest in green meadows; he leads me beside peaceful streams. He renews my strength. He guides me along right paths, bringing honor to his name. Even when I walk through the darkest valley, I will not be afraid, for you are close beside me.”
~ Psalm 23:1-4a (NLT)
- For the Lord your God is living among you. He is a mighty savior. He will take delight in you with gladness. With his love, he will calm all your fears. He will rejoice over you with joyful song”
~ Zephaniah 3:17 (NLT)

“Joy in the valley”

- “Even though the fig trees have no blossoms, and there are no grapes on the vines; even though the olive crop fails, and the fields lie empty and barren; even though the flocks die in the fields, and the cattle barns are empty, yet I will rejoice in the Lord! I will be joyful in the God of my salvation!”
~ Habakkuk 3:17-18 (NLT)
- “ Now may the God of hope fill you with all joy and peace in believing, that you may abound in hope by the power of the Holy Spirit.”
~ Romans 15:13 (NKJV)

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?

AJ's Practical Points

- **TP/Popcorn Encouragement**
Take a roll of toilet paper or a package of microwave popcorn and attach a note of encouragement for a neighbor.
- **Snail-mail**
Take some of the extra time that you now have to sit down and write an old-fashioned card or note to someone in your circle of influence. Make it personal and relevant.
- **Delivery**
When you are planning a trip to the grocery store, call a neighbor or elderly person and ask if you can pick something up and deliver it to them.

Giving

- In Genesis 26, scripture talks about a time when there was a great famine in the land. There had been a drought for many years, and the people were struggling to survive. God told Isaac to take a step of faith and plant his crops anyway. It didn't make sense. There was no way to water the crops. Isaac could have said, “God - do you realize it hasn't rained in years? Nothing is going to grow.” But instead, Isaac had acted with bold and faith-filled obedience. Scripture says, *“In the midst of the famine, he sowed a seed in the land and the same year reaped a hundredfold, because the Lord blessed him.”* (Genesis 26:12, NIV)

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