

# Refreshing

By Rev. Brenda J. Smith  
Midwest Conference Prayer Minister

---

## Introduction

Fifth District Annual Conference Series will begin soon. The PESW is planning to enter into a five-day fast prior to the first Annual Conference and cover the entire Series and ask the Most High for a refreshing. Each Conference is asked to have prayer warriors available to pray for manifestations of the Holy Spirit on site and virtually. We will share details of Pre-conference fast as soon as plans are finalized.

The Presiding Elders' Secret Watch of the Midwest Annual Conference as angels are watching over each member of the Midwest Annual Conference and your loved ones. The PESW members humble ourselves before the Most High saturating you in prayer and beseeching the Father to move on your behalf. It is such an honor to serve you in such a manner. We get right to work in our closet as soon as we are informed there is a need for prayer, and we have seen many situations turn around.

We don't presume to have all the answers, nor to be closer to Yah than anyone else. We are as "iron sharpening iron" growing in wisdom, knowledge, and commitment. Your PESW joins the Bishop Sarah Frances Covenant Keepers' Prayer Labs at 7:00a.m. Tuesday morning and study under the tutelage of Rev. Dorisalene Hughes, who brings giants in the ministry of prayer.

Many have loved ones who died, struggled with illnesses, experienced lose of income, and so much more. Yet, even though the devil comes to steal, kill and destroy our Savior came that we may have life and have life more abundantly. Prayer does make a difference. If you have a particular need and would like for the team to saturate you in prayer, please inform me so PESW can schedule a time of refreshing for you. YHWH is faithful to perform His Word.



## Speaking of Refreshing

Some synonyms for refreshing are invigorating, rejuvenating, restoring, reviving, and stimulating per Merriam Webster.

After a man or woman spends a long day on the job, he or she is in need of a refreshing. When a student sits under an instructor for a period of time, the student needs a break for refreshing. Teachers are life long learners because they need to be refreshed and updated in their field. Congress take breaks from their work because of their need for refreshing. Every person have periods of stress that dictate they are in need of refreshing.

Many pastors and people in the care ministry get so focused on serving and taking care of others that they forget to take care of themselves and are experiencing burnout in record numbers. Barna Research published the results of a research conducted among Protestant pastors that shows the percentage of pastors who have contemplated abandoning their church roles rose from 38% in the fall of 2021 to 42% as of March 2022. Stress is the number one reason sighted for these results. Over 56% of pastors who have considered quitting full-time ministry say “the immense stress of the job” has factored into their thoughts on leaving (Barna).

First, I want to encourage every pastor to take a vacation and refresh yourself on a regular basis. Get away from the busy schedule and communicate with the Most High and the family He has blessed you with.

It is in the times of refreshing that the Lord reveals to His own what His will for us is. He also gives us insight on how to accomplish what seems to be impossible with the smallest amount of stress. We are reminded in times of refreshing that we don't have to have all the answers. It is not for us to do it all. With a relaxed mind we can better hear what ABBA is saying to us concerning the ministry He has called us to.



Prayer...uninterrupted solitary prayer is another way to refresh a stale soul. It is most rewarding to retreat to a quiet environment where there will be no distractions with a Bible, a bottle of water, and an ear to hear what the Lord has to say.

Yet, there are times when refreshing comes in the form of a revival acquired during prayer in small groups. It is written, "One sets a thousand aflight, but two sets ten thousand aflight". Notice the difference in the number of angels set aflight on behalf of your concerns when you partner with another in person. This is where your PESW comes into play. We will touch and agree with you one-on-one or, if you desire a small group we will saturate you in prayer until you receive a breakthrough. We are here to serve you in either capacity.

On a personal note, I want to thank you, my Presiding Elder, Gregg Tabernacle and Midwest Conference family for all of your prayers and support when my beloved son died unexpectedly in January. The outpouring of love was unimaginably wonderful. Thank you from the bottom of my



heart. I truly believe that your prayers brought me through.

## **Prayer**

Heavenly Father, in the Matchless Name of Jesus Christ of Nazareth and by the power of Your Holy Spirit help us, this Midwest North District as the elect of God, holy and beloved, put on bowels of mercies, kindness, humbleness of mind, meekness, long-suffering; forbearing one another, and forgiving one another even as Christ forgave us. Help us to put on charity, which is the bond of perfectness. Let Your peace, YHWH, rule in our hearts, so we can truly be one body; and be thankful. May the word of Christ dwell in us richly in all wisdom; teaching and admonishing one another in Psalms and hymns and spiritual songs, singing with grace in our hearts to the Lord

Jesus, giving thanks to God the Father in the Name of Jesus and to Your glory. ABBA, please heal every pain rather it is physical, spiritual or emotional and bring us to a place of refreshing, invigoration, rejuvenation, newness of life, revitalization, renewal, and revival that we, so we can better serve You. Amen.

<http://vouswordhip.lnk.to/ineedrevival>