

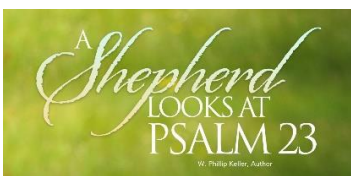
## CHAPTER TEN

# “YOU ANOINT MY HEAD WITH OIL, MY CUP OVERFLOWS”

**ANOINT** - sanctify, crown, bless

**REFRESH** - strengthen, revive, reinvigorate





**Matthew 14:23** And after he had dismissed the crowds, he went up on a mountain by himself to pray.

**Hebrews 5:7** In the days of his flesh, Jesus offered up prayers with loud cries and tears, to Him who was able to save him from death; and he was heard because of his reverence.

**Luke 6:12** In these days he went out to pray and all night he continued in prayer to God.

**Luke 5:16** But he would withdraw to desolate places and pray.

**Mark 1:35** And rising very early in the morning, while it was still dark, he departed and went to a desolate place, and there he prayed.

**Matthew 26:29**

**Mark 14:32**

**Mark 14:39**

**Luke 3:21**

**Matthew 26:42**

### **DISCUSSION QUESTIONS:**

1. Share some things you can do to intentionally seek and experience a 'refreshing' of the Holy Spirit.
2. How would this practice benefit your daily life, as well as your Christian walk?
3. What might it look like if a believer didn't take time for this 'refreshing'?

*"And now no matter what storms I face, His very life and strength and vitality is poured into mine. It overflows so the cup of my life runs over with His life... often with great blessing and benefit to others who see me stand up so well in the midst of trials and suffering."*

- W. Phillip Keller