



Refresh: 19 Ways to boost your Spiritual Life

Ron Hughes

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Spiritual vitality is somewhat of a mystery to many Christians. Perhaps, we've tried to develop it on our own and discovered that without God no progress can be made. Maybe, we've experimented with the passive approach, waiting for God to make us holy, and felt nothing happened. Possibly, we've given up entirely and been saddened by the growing emptiness in our lives. Refresh draws our attention to the reality that God works in us when we actively share in the process. It offers 19 ways to boost our spiritual life by preparing ourselves for His refreshing involvement.

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