



Do you ever consider what impression you might make on someone else? Do you wonder how you cause others around you to feel? Are you encouraging to them or a damper? What is your manner in your daily encounters with family, friends, and acquaintances?

I think these are questions we must all contemplate from time to time.

In the book of Philemon, Paul is writing to Philemon on behalf of his runaway slave, Onesimus. Paul's words in vs. 4-7 give us an idea of how well Paul knows Philemon and his deep appreciation for him.

"I always thank my God as I remember you in my prayers, ⁵ because I hear about your love for all his holy people and your faith in the Lord Jesus. ⁶ I pray that your partnership with us in the faith may be effective in deepening your understanding of every good thing we share for the sake of Christ. ⁷ Your love has given me great joy and encouragement, because you, brother, have refreshed the hearts of the Lord's people." [Philemon 4-7](#)

Philemon had a tremendous effect on Paul and the others he partnered with in ministry. He has given Paul great joy and encouragement and refreshed the heart of others.

Some of the definitions of "refresh" are to "provide new vigor or energy," to stimulate," and "to make fresh again, invigorate, or cheer." [\[1\]](#)

Are you and I refreshing to others, invigorate and cheer them, and bring them joy



and encouragement?



Heart Moment from Philemon - The Philemon Effect

Philemon is someone we would want to be with and work alongside. Instead of grumbling and complaining, criticizing, or needling others, he brings refreshment, joy, and encouragement to those around him. We can assume that Philemon is a joy and encouragement to others because of his faith and joy in the Lord.

What a great way to affect others in life and ministry! As we read the characteristics of Philemon, we should reflect on our own lives and ask God if we are refreshing to be around and if we bring great joy and encouragement to others. Listen to the Holy Spirit's conviction if not and changed our ways!

Let's apply God's Word to our lives and seek to refresh the hearts of those around us, our family, coworkers, neighbors, fellow workers in ministry, and acquaintances.

Who in your life can you have the "Philemon effect" on each day?

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[1] <https://www.dictionary.com/browse/refreshed>

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