

"For He satisfies the longing soul,  
and the hungry soul He fills with  
good things."  
- Psalm 107:9

Women's Refresh

# QUENCHED

Only Jesus Satisfies

May 2<sup>nd</sup> & 3<sup>rd</sup>




AWAKEN CHRISTIAN ACADEMY'S

# ANNUAL GOLF TOURNAMENT

Benefitting ACA's Athletic Department

SAVE THE DATE!  
**MAY 12, 2025 • 10AM SHOTGUN START**

**ANTHEM COUNTRY CLUB**



CONTACT Linda Hill  
lindahill@lionslv.org

WE ARE LOOKING FOR SPONSORS, GOLFERS & DONATED PRIZES. ALL DONATIONS TAX-DEDUCTIBLE



# SUMMER Camps

Hosted by Awaken Christian Academy  
awakenlions.org/camps

**PRE-SCHOOL & ELEMENTARY  
CAMPS AVAILABLE**

<b>ELEMENTARY CAMPS</b>	<b>PRE-SCHOOL CAMPS</b>
JUNE 2-5	JUNE 2-20
JUNE 9-12	JULY 7-25



SCAN TO REGISTER



# SELAH

## GOD'S CHOSEN VICTOR

Psalm 24:7-10 / Acts 1:9-11

# SELAH

WEEK 13

### SESSION OVERVIEW

**Theme:** Jesus' Ascension isn't the end of the story; it's the victorious inauguration of God's Kingdom and New Creation, with Christ reigning as the exalted King of Glory.

**Main Point:** Jesus Christ's ascension means the story isn't over but has entered its victorious phase — Christ reigns, empowers His people, and will complete the renewal of all things.

**Key Scripture:** Psalm 24:7 – “Lift up your heads, O gates! And be lifted up, O ancient doors, that the King of glory may come in.”

Acts 1:11 – “Men of Galilee, why do you stand looking into heaven? This Jesus, who was taken up from you into heaven, will come in the same way as you saw him go into heaven.”

### OPENING PRAYER (2 min)

**Example:**

*“Lord Jesus, You are the King of Glory, lifted up and exalted. Today, lift our hearts and heads to see You enthroned above every power and circumstance. Help us live in the reality of Your reign and walk in the power You supply. In Your mighty name we pray, Amen.”*

### HIGHLIGHTS (15 min)

Invite reflection

- Where have you recently needed a “lift” from God — spiritually, emotionally, physically?
- How has seeing Jesus as King and Victor helped reframe any recent challenges?
- What victories, small or big, can we celebrate this week because of Jesus' rule?

Encourage testimonies about recognizing God's present reign in their lives.

### TIME TO CONSIDER (25 min)

**Read Aloud: Psalm 24:7–10 & Acts 1:9–11**

- One person reads from Psalm, another from Acts.
- Key Themes to Reflect On:
  - **The Royal Lift:** Jesus' Ascension is His royal procession — not just a departure but a coronation.
  - **The True Throne:** Jesus sits at the right hand of God — the true seat of power and authority.
  - **Victory Secured:** Jesus' reign guarantees that history is moving toward the renewal of all things.

### Discussion Questions

**1. King of Glory**

- What imagery comes to mind when you read “Lift up your heads, O gates”?
- How does Jesus' victory change the way we view current struggles?

**2. The Seated King but Rejected**

- How does knowing Jesus is seated at the right hand of God affect how we handle fear or uncertainty?
- See Colossians 3:1–2

**3. Empowered Church**

- Jesus empowers us by His Spirit. Where do you need to seek “things above” in your life right now?
- See 2 Corinthians 5:17

**4. Mission and Renewal**

- How does Jesus' mission through the church today point toward the coming renewal of all things?
- See Revelation 7:9–10

## MISSIONAL LIVING (25 min)

### Living Out Ascension Victory

- Who in your life needs to know that Jesus reigns and offers them a lift out of sin, shame, and fear?
- How can we help “lift up” others to see the hope of the Kingdom?
- How does living with “heads lifted” help others around us experience God’s glory?

### Challenge:

This week, be intentional to “lift up your head” and encourage someone else to do the same. Text a verse, offer prayer, or invite someone to hear about Jesus, the King of Glory.

### REACH OUR WORLD (10 min):

#### Pray for:

- Hearts lifted up to Jesus in our families, friend circles, and city.
- Eyes to see opportunities to point people to Jesus’ reign.
- Awaken Las Vegas to become a vibrant picture of God’s Kingdom—an outpost of heaven on earth.

## Closing Prayer (10 min)

Lead in a prayer of exaltation:

- Declare together: “Lift up your heads! The King of Glory has come in!”
- Pray for one another to live lifted lives, filled with hope, mission, and the Spirit’s power.

### End with this blessing:

**Hebrews 7:25** – *“Consequently, he is able to save to the uttermost those who draw near to God through him, since he always lives to make intercession for them.”*

### Final Takeaways

- **Daily Posture** – Lift your head—live in view of the risen and reigning Christ.
- **Identity Check** – You are seated with Christ in heavenly places (Ephesians 2:4–6).
- **Eternal Mindset** – History isn’t spiraling—it’s moving toward New Creation, led by the King of Glory.

## Challenge for the Week

- Take 5 minutes each morning to “lift your head” in prayer and worship.
- Reflect on how Jesus’ Ascension impacts your daily work, relationships, and mission.
- Look for one opportunity to “lift” someone’s perspective this week.

### Memory Verse:

“If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. Set your minds on things that are above, not on things that are on earth.”

Colossians 3:1–2