



Restoration of the Soul

Three (3) Principles for Restoration of the Soul

- 1. Rest**
- 2. Reflection**
- 3. Replenishment**

Psalm 23:3 states, “He restores my soul.”

How can our souls be restored?

Truth#1: We cannot restore ourselves...

Truth#2: God’s work in our lives is the only way our souls can be restored.

How can God restore my soul?

Psalm 23: The LORD is my shepherd; I shall not want. ² He maketh me to lie down in green pastures: he leadeth me beside the still waters. ³ He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake. ⁴ Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me. ⁵ Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over. ⁶ Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the LORD forever.” KJV

At the start of this passage, David recognizes God as his shepherd or caretaker. Because God watches over him, he does not find himself in need of anything. All of his needs are met.

- 1. He can rest in green pastures, beside still waters (v. 2).*
- 2. His paths are righteousness (v. 3),*
- 3. Even though he walks through the valley of the shadow of death (v. 4), evil has no hold him because he does not fear the evil one.*

There are times in David's life when he was desperate for God's help and was begging for God to restore him...just 10 chapters previous to this one...LISTEN TO DAVID'S HEART.

Psalm 13:1-4, "How long wilt thou forget me, O LORD? Forever? How long wilt thou hide thy face from me? ² How long shall I take counsel in my soul, having sorrow in my heart daily? How long shall mine enemy be exalted over me? ³ Consider and hear me, O LORD my God: lighten mine eyes, lest I sleep the sleep of death;⁴ Lest mine enemy say, I have prevailed against him; and those that trouble me rejoice when I am moved.

But, David stops to think...stops to adjust his attitude...stops to realize God knows the end of the story...stops to understand that at the right time God will hear his cry and restore his soul!

"⁵ But I have trusted in thy mercy; my heart shall rejoice in thy salvation.⁶ I will sing unto the LORD, because he hath dealt bountifully with me."

Forward to Psalm 23!

There is a shift in the last portion of Psalm 23. Verses 5 and 6.

David now sits at a table among his enemies, likely at a royal banquet.

In this word picture, David:

- *Has no fear of his enemies,*
- *He is anointed (set apart as special),*
- *His cup overflows (meaning he has plenty to drink).*
- *He feels blessed with goodness and mercy, and*
- *He will live in God's house forever (v. 6).*

REST:

David seems to be at rest when he composed this Psalm. This was not a song to prepare for battle or celebrate a holy day, but rather to enjoy a time of relaxation in God's presence.

How hard is it for you to REST in the comfort of God's protection?

Remember...You are safe in God's shadow!

Psalm 91:1-2, "He that dwelleth (Rests/Lives with no fear) in the secret place of the most High shall abide under the SHADOW of the Almighty. I will say of the LORD, "He is my refuge and my fortress; My God, in Him I will trust."

Psalm 91:1 says, whoever rests (or has confidence) in God's shadow will be kept safe. It is our choice to remove ourselves from His shadow or remain under it.

God's presence is powerful.

Can anyone or can anything overtake Him? No, He has the last say...but we have to listen and obey...our choice.

To rest in His shadow, we need to understand that (verse 2):

- *He is our place of safety*
- *He is like a fort (or a fortress) to us*
- *He is our God and you can trust Him.*

What happens when you trust God?

Psalm 91:3-4, *“³ For he will rescue you from every trap and protect you from deadly disease. ⁴He will cover you with his feathers. He will shelter you with his wings. His faithful promises are your armor and protection.”*

When you trust God:

- *He will save you from hidden traps (verse 3)*
- *You will find safety in His presence (verse 4)*
- *He will keep you safe like a shield or a tower (verse 4)*

**When you acknowledge that “The Lord is the one who keeps me safe”, He commands His angels to take good care of you (Psalm 91, verse 11).
Wow, what a promise!**

When we trust God and REST in the presence of His shadow, He says:

“I will save the one who loves me. I will keep him safe because he trusts me. He will call out to me, and I will answer him. I will be with him in times of trouble. I will save him and honor him.” Psalm 91:14-15 (NIRV)

REFLECTION

For David to be have restoration, he had to reflect on God’s protection, promises, and provisions.

- *His soul was restored as he looked at life from God's perspective.*
- *He felt protected, safe, and secure under the leadership of God.*

To reflect on God’s favor and God’s benefits, one must think about who God is, why God desires to lift us up with His arms of strength, and what God is wanting us to do to continue to gain access to God’s provisions.

As we reflect on all of God’s attributes and His desire for fellowship with us, we have to make a choice to accept His love or shun it.

As we reflect on God's sovereignty and His promises, we draw near to Him by humbly bowing in the presence of the King.

REPLENISHMENT.

REST AND REFLECTION SHOULD BRING REFRESHMENT TO OUR SOULS.

It leads us to a renewed vigor to live for God. It did David and should for us.

To replenish David's spiritual stamina, he realized he had an anticipation to be with God forever in the future (v. 6), dwelling in the house of the Lord forever.

With this perspective on life, David could live with a restored soul, prepared for the problems of the day.

- *He knew God was with him, cared for him, and would never leave his side.*
- *There was no battle too big for him to face with God in his life.*

The same is true in our own lives.

If we wish to see God restore our soul, we need to make time to rest, reflect, and replenish.

- ✓ ***We cannot expect to live with a fresh sense of God's presence in our lives if we constantly rush from one issue to the next.***
- ✓ ***To be restored takes time, focused on God and His greatness, to renew us with hope and joy regarding this life and anticipation for eternity.***

We have access to our God through the One who paid the price for our sin. Jesus is and has always been in full fellowship with His Father. He is our mediator, our refuge, our go between.

He longs for you to refresh yourself with the knowledge of knowing from where you came from and where you are going.

Sheltered in the Arms of God

I feel the touch of hands so kind and gentle, They're leading me in paths that I must trod; I have no fear when Jesus walks beside me, For I'm sheltered in the arms of God.

So let the storms rage high, the dark clouds rise, They won't worry me for I'm sheltered safe within the arms of God; He walks with me and naught of Earth can harm me, Sheltered safe within the arms of God.

Soon I shall hear the call from Heaven's portals, Come home my child, it's the last mile you must trod;

I'll fall asleep and wake in God's new Heaven, Sheltered safe within the arms of God.