

## He Restores My Soul

Ps 23:3 He restores my soul

When I moved to Kansas City, my kids were 3 and 6 years old. And they loved to play in their rooms. When they would go to their room to play, they didn't just pull one toy out and play with it. They didn't just reach into the toy box and grab that one thing they couldn't wait to play with. No when they got ready to play, they would take the toy box and turn it upside down and dump everything on the floor. Toys would be everywhere, and the once clean, put together, well organized room would turn into a stressed out mess, full of chaos and dysfunction.

Some of us here today can sympathize with that room. We at one time were a well put together organized life, but as we go through our day to day trials, it seems like a toy box has been turned upside down and dumped on top of us. What was once peace and tranquil has become chaotic and stressful. If you have ever felt like this, then you know what it feels like to need to be restored. Today we look at a small passage in Psalm 23 that is written by King David. It is a small passage that has so much power in it. This psalm is one of the most memorized passages of scripture in the bible, yet it is probably the least studied for its full value.

Today David lets us know that God our shepherd, can restore our souls. When you think about the word restoration, it signifies the loss of something.

What I hope we see today is:

Believers are not exempt from wearing out, but we do have access to restoration. There are three lessons I want us to learn today...

1. Restoration is crucial.

He restores my soul.

Verse 3 of this psalm begins by saying he restores my soul. The reason the psalmist, David, speaks of his soul being restored is because, it has a need to be restored. It has moments of emptiness and fatigue, and restoration is crucial it's a must.

I know this seems odd because, aren't we the sheep of the good shepherd, aren't we lying down in green pastures and being led beside still waters.

If we are enjoying such luxuries, why would our soul need to be restored?

This is actually where the problem comes, often when a sheep was full, so full it could lie down in green pastures and rest beside still waters, it would be too comfortable and lay in places that seemed plush but were too plush and unable to carry the weight of the sheep. When this happens, the sheep would then fall over. The term the shepherd would use to describe this state is cast. When a sheep is cast, it is literally on its back unable to get back on its feet.

The enjoyment of the green pastures caused the sheep to forget to be vigilant. The plush provision made the sheep forget it needed to be aware of his surroundings, and it would fall over and become vulnerable.

Once the sheep falls over, there is then a relentless attempt to try to correct itself. It works hard to turn itself back over. It works hard to get out of trouble, it works hard to try and gain control of its life again only to work itself to exhaustion because it let itself get in this position and the only person who can pull them out of this trouble, is the good shepherd.

Too often we as believers, are so provided for and so taken care of, we can forget that we are still in a war against Satan. We can forget that we are still in a sinful world that is constantly putting temptations in front of us, begging us to enjoy the comforts of life only to find we are cast, turned upside down, ineffective. We got intoxicated on our goodness, we started enjoying wanting to be wanted, we find ourselves trying to do everything because everything brings us more affirmation, the applause of the crowd causes us to lose sight of our surroundings, the spot in the company is not enough, the title is not enough, the car is not enough, the house is not enough. And we strive on likes on Facebook, and comments on Instagram, and the work to keep that up causes us to get cast, turned upside down and soon we find we have lost control of our life, and then we work ourselves to exhaustion trying to get back into control, we work ourselves to exhaustion trying to correct the problem, trying to fix the situation only to realize that we can't do it on our own, we need restoration.

Also you need to know that, a cast sheep was a nightmare for the shepherd, because a sheep that is cast may only have a few hours to live because of the blood flow being cut off and the muscles losing strength because of the position, so the shepherd was always surveying the flock to make sure there are no cast sheep.

This is the picture of the parable Jesus told in connection with the prodigal son.

Luke 15:4 "What man of you, having a hundred sheep, if he has lost one of them, does not leave the ninety-nine in the open country, and go after the one that is lost, until he finds it? 5 And when he has found it, he lays it on his shoulders, rejoicing. 6 And when he comes home, he calls together his friends and his neighbors, saying to them, 'Rejoice with me, for I have found my sheep that was lost.' 7 Just so, I tell you, there will be more joy in heaven over one sinner who repents than over ninety-nine righteous persons who need no repentance.

Jesus describes the scenario of a shepherd looking for a lost sheep, because a lost sheep is most likely a cast sheep, a sheep that has gotten turned over and unable to help itself, so the shepherd runs to find the sheep because the sheep has value, the sheep represents plenty, and even though the shepherd has 99 other sheep, he has to have this attitude about all of them because if a shepherd is ok with losing one sheep, before he knows it, his 99 has become 80 and 80 50, so that its worth is half, so every sheep is important. Restoration is crucial.

That's why restoration is understandably needed for all believers, because we all have value in the site of God, there are no unimportant sheep, there are no unimportant church members. If you are a member of the church, whether you serve the nursery, whether you clean the bathrooms, or whether you sign the checks, you are important and when you fall, where ever you are, it is necessary to be restored.

Also, what you need to know is just as the shepherd is looking for cast down sheep, so are the predators.

When a shepherd would see vultures flying over, he would get nervous because generally that meant a sheep was cast down.

Cast down sheep are easy prey for buzzards, vultures, wolves and coyotes. These types of bottom feeders would stalk flocks of sheep waiting to see the sheep that got too comfortable in life with their pace of living waiting on them to lie in places that were too plush, waiting on them to get caught up in their provision so they could catch them rolled over cast and devour them in their vulnerable state.

1 Peter 5:8 Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour.

This verse is written to believers, this is not a warning to unbelievers, or sinful people with no hope, this warning is to those who are born again bible believing Christ following believers.

Restoration is crucial because Satan roams churches, Satan prowls around ministries, Satan is waiting on a member who is going through life comfortable with their pace not paying attention to what's going on, waiting on a member who has begun to think they are untouchable, Satan is waiting on... prowling on... looking for god fearing people, leaders, teachers, pastors... that are vulnerable because they lost track of their relationships, lost focus, got so busy they started being used to the business... and the enemy is waiting to devour them, this means use them for his glory, make them do things they would not normally do, make them say things and break other sheep members down, cut at other sheep and then leave them lonely and helpless. Satan is evil and will prowl to find anyone vulnerable to carry out his plan, that is why we need to be restored.

We fall down, but we don't have to stay down, we slack on quiet time, but we can pick it up again, we don't pray like we used to, but God is still waiting on you to call him, if you are cast down, feeling away from God, if you have fallen, if you are tired, if you feel you have nothing left, you are cast and the more work you do to fix it will only make it worse. It is all just a sign that you need to be restored. You need to release control and let the Good shepherd start the restoration process.

Accepting the fact that you need restoration is not a sign of weakness, it's a sign of strength and humility. that you can't do it by yourself, and it is then that God shows up and restores your soul.

On your car there is an indicator, a gauge that tells you when you are low on gas. Generally, it is divided into four sections of which we say either full,  $\frac{3}{4}$  of a tank,  $\frac{1}{2}$  a tank,  $\frac{1}{4}$  of a tank or E for empty. At full the car drives fine and no problems show, at  $\frac{3}{4}$  the same feeling is there. The car drives the same at  $\frac{3}{4}$  as it does on full, as a matter of fact at  $\frac{1}{2}$  a tank the car drives as good as it does at full or  $\frac{3}{4}$  even get down to  $\frac{1}{4}$  of a tank, there is generally no visible signs other than the gauge that the car is low on gas but what happens in most cars is that as soon as the line drops below  $\frac{1}{4}$  of a tank a little red light comes on that says low fuel. The purpose of the light is to tell you, you may think all is well right now, but if you don't put some gas in the car soon you are going to be out and stranded on the side of the road. Now some of us try to push that line to the limit, some of us see that red light as a challenge and we think that this time we can push that line to its limit and drive until that line touches E. I remember in college seeing my line go behind E, I don't know how it still moved, but if you keep pushing the limits you will eventually run out of gas and get stranded because you did not look at the indicators and see its time for a fill up.

Life is the same. Full and  $\frac{3}{4}$  may feel the same, but empty is on the way and if you don't notice your soul is in need of restoration, you will push yourself to a breaking point and explode or sink into depression or lose your mind and wonder how you got there.

If you are getting irritable easily- your spiritual fuel light might be on. If you don't want to be around anyone – your spiritual fuel light might be on. If you find yourself snapping at people for no reason – your spiritual fuel light might be on. If you have a whatever attitude and are lackadaisical about things – your spiritual fuel light might be on. If you are tired and want to sleep your way through life – your spiritual fuel light might be on.

These are all indicators that your soul is in need of restoration and you should pay attention before you find yourself totally empty and giving up on life. When you are feeling cast down, David says, admit it and call on the one who can do something about it. When you have been used by Satan and you feel guilty, call on the one who can do something about it, if your life is feeling empty and in need of restoration, Call on God and let him restore your soul.

1-Restoration is crucial...

2. Restoration is constant.

He **restores** my soul.

Notice the word restores is in the present tense. This means, the shepherd does not have two days a week that he comes to the pasture and checks to see if there are any sheep that need restoring. The Shepherd is not combing through the flock every once in a while, looking for sheep who have been cast down. Part of the shepherd's job was to constantly and consistently look for cast down sheep.

The word restores is in the present tense because restoration needs to happen immediately. The sheep could not be cast longer than three hours or risk of not surviving was greater. The sheep's chance at survival was contingent on the shepherd restoring it immediately.

The word is one of immediacy but it is also one of continuance. The restoring is constant. The shepherd keeps an eye on the sheep because as soon as they fall, he wants to be there to help them back on their feet.

David says, our Father, the shepherd, is constantly watching us so that when we fall, he is there to restore us.

David knew what it meant to need restoration, when David sinned with Bathsheba, God sent word to him through the prophet Nathan that he needed to be restored.

2 Samuel 12 And the LORD sent Nathan to David. He came to him and said to him, "There were two men in a certain city, the one rich and the other poor. 2 The rich man had very many flocks and herds, 3 but the poor man had nothing but one little ewe lamb, which he had bought. And he brought it up, and it grew up with him and with his children. It used to eat of his morsel and drink from his cup and lie in his arms, and it was like a daughter to him. 4 Now there came a traveler to the rich man, and he was unwilling to take one of his own flock or herd to prepare for the guest who had come to him, but he took the poor man's lamb and prepared it for the man who had come to him." 5 Then David's anger was greatly kindled against the man, and he said to Nathan, "As the LORD lives, the man who has done this deserves to die, 6 and he shall restore the lamb fourfold, because he did this thing, and because he had no pity." 7 Nathan said to David, "You are the man! Thus says the LORD, the God of Israel, 'I anointed you king over Israel, and I delivered you out of the hand of Saul. 8 And I gave you your master's house and

your master's wives into your arms and gave you the house of Israel and of Judah. And if this were too little, I would add to you as much more. 9 Why have you despised the word of the LORD, to do what is evil in his sight? You have struck down Uriah the Hittite with the sword and have taken his wife to be your wife and have killed him with the sword of the Ammonites.

2 Samuel 12:13 David said to Nathan, "I have sinned against the LORD." And Nathan said to David, "The LORD also has put away your sin; you shall not die.

David sinned, when David sinned, God did not tell Nathan to wait and let him get comfortable, God did not let him fall deeper in unaddressed sin, God the shepherd watching over his flock looking for cast down sheep sent Nathan to David so that David would know he was wrong and needed restoration.

And notice as soon as David recognizes his wrong, God restores him, it was immediate, it was constant. It is in this perspective, it is in view of this kind of love and forgiveness that David could from his heart say, He restores my soul, He sees the real me, through the money, through the clothes, through the palace through the houses and vehicles, through all that I can use to cover my sin, God recognizes my soul within me is broken and needs restoration.

He does the same for us, through the inward power of the holy spirit, he convicts us and tells us we have sinned, tells us when we are weak and drives us to him for restoration, he is constantly watching over our soul for guilt and shame and temptation ready at any moment to restore us so that we can live life abundantly not defeated.

Constantly ready to give us forgiveness, constantly ready to wash us with grace, constantly ready to provide us with mercy, constantly ready to apply the blood of Jesus, constantly ready to restore his children to fulness of joy. Constantly.

1-Restoration is crucial, 2-Restoration is constant...

3. Restoration is complete.

He restores **my soul**

He restores every area of brokenness in our soul

He restores us from sin.

Often sheep would have their wool grow so long that it would get mud and bugs and other things caught in it so that it weighed the sheep down, this would then make it hard for the sheep to stay on its feet and cause it to fall over. The shepherd would have to pick the sheep up and shear off the wool, it hurt the sheep at first, but after it was clean it could run with the rest of the flock again.

We as believers can let the mud and bugs of sin weigh us down so that we are cast down, rendered ineffective, but our shepherd, prunes us and shears us. It may not feel good at first, but once he has rid us of those areas that are weighing us down, we can then run with the rest of the flock. He is able to restore you from all your sin.

He restores us from stress.

We live in a world that loads us down with unrealistic expectations, we compare ourselves to people through social media that most times we don't even know and we stress out about where we are, we stress out about where we want to be, we stress out about who we wish we were we stress out about not meeting deadlines and goals...only to find ourselves cast down, vulnerable for attack by Satan.

That's why Jesus says in Matthew 11:28 Come to me, all who labor and are heavy laden, and I will give you rest. 29 Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls.

Take off the yoke of the world, the expectations of the world, the stress of the world, and put on the yoke of Jesus, the grace of Jesus, the hope of Jesus and find rest and restoration for your soul. HE restores us from sin. He restores us from stress. Best of all...

He restores us for His glory.

Notice the one doing the restoring is He...He restores... this is the same He that is referenced in the first two words of psalm 23...The **Lord** is...

You see God restores because when you are restored, He gets the glory. Paul writes this reminder to us that God gets glory from our deliverance.

2 Corinthians 1:8 For we do not want you to be unaware, brothers, of the affliction we experienced in Asia. For we were so utterly burdened beyond our strength that we despaired of life itself. 9 Indeed, we felt that we had received the sentence of death. But that was to make us rely not on ourselves but on God who raises the dead. 10 He delivered us from such a deadly peril, and he will deliver us. On him we have set our hope that he will deliver us again. 11 You also must help us by prayer, so that many will give thanks on our behalf for the blessing granted us through the prayers of many.

Paul said, He rescued us so that you could give Him glory, He rescued us so that praise could be given to Him. Your restoration is His glory.

He restores completely from your sin, from your stress, from your guilt, from your worry.

It does not say he partially restored, it does not say, he restored the areas that were not too broken, it says restores my soul, not part of my soul, not the part that did not sin too much, not the part that was not too worn out by life. He restores my whole soul.

Remember I told you about my son's room and how chaotic they took it from being a peaceful calm place to unorganized dysfunction. Well, they knew that before they went to bed I made sure they put things back together again. Every book had to be in its place, every car had to be put back in its garage. Every airplane had to be picked up out of the floor. If I could have talked to the room before the boys went to play I would have told the room, room, there is going to be some trouble makers that come in and rattle things a bit, there is going to be some peace breakers to come in and cause you a little stress, but don't get upset, don't get depressed, because even though they will come in and make a mess out of your once organized condition, even though they will make you feel there is no end to your trouble, don't worry because they are under my authority, don't worry they are under my control, and as sure as they brought you chaos, I promise, you will be restored, I promise your peace will be restored, I promise

your organization will be restored, I promise your tranquility will be restored. I'm the restoration guarantee-er. I'm the author of restoration and I will guarantee you will see restoration.

God wants you to know today. You might go through some stuff, stuff that you brought on yourself, and stuff that was brought on you. You might find yourself cast and unable to fix your life. You might wear yourself out to exhaustion, but He is the author of restoration and He has not forgotten you. He will make sure that your soul is restored. He will make sure your life is put back together, He will make sure your peace is restored, He will make sure your strength is restored, He will make sure your heart is restored, He will make sure your love is restored. I don't know where you are today, but no matter where you have gone, he can restore your soul,

No matter what you have said, He can restore your soul,

No matter how hurt you are, He can restore your soul,

No matter how guilty you feel, He can restore your soul.

The blood of Jesus was shed so that your soul can be restored,

Jesus died on the cross so that your soul can be restored,

Jesus rose with resurrection power so that your soul can be restored,

All you have to do is submit your life to the shepherd, and rest in His grace and let him restore your soul.

And remember, Restoration is crucial. Restoration is constant. Restoration is complete.

And the Church said Amen!