

HE RESTORES MY SOUL

SCRIPTURES TO STUDY

- He restores my soul: Psalm 23:1-3 NKJV
- Refresh others & be refreshed: Proverbs 11:25 NLT
- Refreshed perspective: Philippians 2:14 NKJV, Colossians 3:23 TPT
- Christlike character brings rest to your soul: Matthew 11:29-30 NLT
- Nourishment from doing the will of the Father: John 4:1-19, 25-26, 28-34 NLT

MAIN POINTS

- Soul: mind, will and emotions.
- The soul should be subject to the condition of your Spirit.
- It should also be a reflection of the condition of your Spirit.
- Don't focus on your feelings, focus on your mandate.
- A benefit of Christlike character is rest for our souls.
- Lasting nourishment, fulfillment and wellness can only come from focusing on your relationship with God, and carrying out the assignment He has placed on your life.
- Complaining is not limited to the words you speak; sighs, groans, attitude and intent release complaints as well.

APPLICATION STEPS TO RESTORE YOUR SOUL:

I. FOCUS ON HIS GOODNESS AND LOVE FOR YOU.

- He is your good shepherd. He cares for you and restores your soul. (Psalm 23:1-3)

2. REFRESH OTHERS

- When we selflessly serve others, we will ourselves be refreshed. (Prov. 11:25)

3. FOCUS ON YOUR MANDATE, NOT YOUR FEELINGS!!

- Remember Jesus HAD to go through Samaria to fulfill His mandate, even though He was tired from the journey.
- By refreshing the woman at the well, he received His own nourishment.