

He Restores My Soul

November 21, 2021

INTRODUCTION

Psalm 23 tells us that the LORD is my... shepherd. So, if the Lord is my shepherd, then that makes me His what? His sheep, right?

There are actually lots of verses in the Bible that speak about us being like sheep. Why?

Well, there's lots of comparisons actually:

1. Sheep have no sense of direction. They must be led everywhere.
2. Sheep are extremely fearful
3. Sheep have a "herd mentality"
4. Sheep are prone to wander off
5. Sheep cannot protect themselves
6. Sheep are often "cast down" or get stuck
7. Sheep will often settle for less

A Psalm of David.

23 The LORD is my shepherd...

David says this profoundly beautiful and powerful statement. The LORD is my shepherd. Why is this so beautiful?

First of all, it's the LORD who is my shepherd. David is not ashamed to be called a sheep. And he is so proud and thankful to say that it is the LORD who is His shepherd.

Secondly, when David says this he is speaking of a beautiful *relationship* with the LORD.

...I shall not want.

This means I shall all of my needs met. Not necessarily all of my wants. But my needs. Now, notice with me it doesn't say, I shall be content. No, that's a decision *you* need to make.

Related passages: Ecclesiastes 4:6; 5:10; Philippians 4:11-13

The Discipline of Thanksgiving

² *He makes me lie down in green pastures.*

Phillip Keller in his book “A Shepherd Looks at Psalm 23” states that in his experience, for sheep to come to a place where they will actually lie down, four things must be present:

1. They must be free from FEAR
2. They must be free from FRICTION
3. They must be free from AGITATIONS
4. They must be free from HUNGER

He leads me beside still waters.

Soul Thirst—Psalm 42; 63; Jesus said “I am the Living Waters” (John 4).

In the Hebrew, this literally means, “He leads me beside waters of rest”.

Related passage: Psalm 127

³ *He restores my soul.*

I looked up this word “restore” in the dictionary and found this to be meaningful:

- To give back what was lost or stolen
- To return someone or something
- To return something back to its original condition

Jesus, our Good Shepherd, knows how to restore our soul.

Related passages: John 10:10-15; 1 Peter 2:25

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1. In what ways is it a comfort to know that it is the LORD who is our shepherd?
 2. What are some of the conditions necessary for actual sheep to settle down in green pastures? What is causing you to be uneasy, unable to rest?
 3. Read John 10:10. In what ways has the devil come to steal, kill, and destroy from you and those closest to you?
 4. Read John 10:11-15. Take some time to bring these losses, hurts, frustrations, failures, etc. to the Shepherd of your soul. Ask Him to comfort you by the ministry of His Spirit. Ask Him to fill your heart with godly wisdom. Choose to trust that He is in fact a *Good* Shepherd and that He who began a good work in you *will* be faithful to complete in you (Philippians 1:6).