

HE RESTORES MY SOUL

Psalm 23:1-3 *“The Lord is my Shepherd, I have everything I need. He makes me lie down in green pastures; He leads me beside still waters. He restores my soul.”*

My soul is the part of me that thinks, chooses, and feels.

WHAT DAMAGES MY SOUL?

1. GRUDGES

Job 5:2 *“To worry yourself to death with resentment would be a foolish, senseless thing to do.”* (TEV)

Job 18:4 *“You are only hurting yourself with your anger.”*(TEV)

2. GUILT

Psalm 38:4 & 6 *“My guilt has overwhelmed me like a burden too heavy to bear ... I’m bowed down and brought low; all day long I go about mourning.”*

Proverbs 20:27 *“The Lord gave us a mind and a conscience. We can’t hide from ourselves.”*

3. GRIEF

Psalm 31:9 *“Lord, have mercy, because I am in misery. My eyes are weak from so much crying, and my whole being is tired from grief.”* (NCV)

Since God is GOOD, He cannot do bad in your life. Only good!

HOW DOES JESUS (OUR GOOD SHEPHERD) RESTORE OUR SOULS?

When we are hurt by others...

1. JESUS TURNS MY HURTS INTO HOLINESS

THAT is the goodness of God!

Romans 8:28 *“We know that in all things God works for the good of those who love Him, who have been called according to His purpose.”* (NIV)

Romans 8:29 *“God knew His purpose from the very beginning. He planned in advance that all of us in God’s family would become like Jesus, His Son. Now, God’s Son is the firstborn of restored humanity. So we see the intended shape of our lives in Him, and He will have many brothers and sisters in God’s eternal family.”* (Mes, NLT, GW)

Genesis 50:20 *“You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives.”* (NIV)

When we do wrong...

2. JESUS TAKES MY SINS ON HIMSELF (AT THE CROSS)

He takes all my guilt! THAT is the goodness of God!

Isaiah 53:5-6 *“He was wounded and crushed for OUR SINS. He was beaten and took OUR PUNISHMENT so that WE might have peace. And through His wounds, OUR WOUNDS ARE HEALED! All of us have strayed*

away like sheep. We have left God's paths to follow our own. Yet the Lord laid on Him the guilt and sins of us all.”(NLT)

Isaiah 53:7-12 “He was beaten down and punished, but He didn't say a word. He was led out like a lamb to be slaughtered. He was condemned to death without fair judgment... Then He was put to death for the transgressions of everyone else. He died like a criminal then was buried with the rich, even though He had done nothing wrong and had never lied. Yet it was God's plan to cause Him to suffer and make His life a guilt offering for our sin, a sacrifice to bring forgiveness... But after His soul suffers many things, He will enjoy life and joy again! But my Suffering Servant will make many people right with God and He will bear all their sins... He willingly gave His life and was treated like a criminal but He took the place of every one who has sinned and he interceded for their forgiveness.”

When we experience loss and pain:

3. JESUS FEELS MY GRIEF & HEALS MY HEART

Why can Jesus feel my grief? Because HE experienced deep grief too.
He understands. He came to earth & became one of us!

THAT is the goodness of God!

Isaiah 53:3-4 “He was despised and rejected by others. He was a man of sorrows, who endured much pain and suffering; He experienced deep grief but we ignored Him and looked the other way. He was hated and we did not care. Yet it was OUR weaknesses that He was carrying and it was OUR sorrows that weighed Him down.”

Psalm 147:3 *“He heals the brokenhearted and binds up their wounds.”* (NIV)

Isaiah 61:3 *“To all who mourn ...He will give: beauty for ashes; joy instead of mourning; praise instead of heaviness.”* (LB)

HOW SHOULD I RESPOND?

1. TRUST THE GOOD SHEPHERD TO FORGIVE MY SINS

Romans 3:23-24 *“All of us have sinned... yet God declares us ‘not guilty’ IF we trust in Jesus Christ, who in mercy freely takes away our sins.”* (LB)

2. RELEASE MY OFFENDERS & FOCUS ON THE FUTURE

Your soul cannot be **restored** until you let go of:

resentment in your thoughts

revenge in your emotions, and

retaliation in your actions and choices (will)

Ephesians 4:31-32 *“Get rid of all bitterness ... forgiving each other just as in Christ God forgave you.”*

Romans 12:19 *“Never avenge yourselves. Leave that to God, for He has said He will*

repay those who deserve it.” (LB)

3. JESUS TEAMS UP TO CARRY MY LOAD

Matthew 11:28-30 “Then Jesus said, ‘Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take My yoke upon you. Let Me teach you, because I am humble and gentle, and you will find rest for your souls. For My yoke fits perfectly, and the burden I give you is light.” (NLT)

Isaiah 43:2 “When you go through deep waters, I will be with you! When you pass through rivers of difficulty, you will not drown! When you walk through the fire, you will not be burned up; it will NOT consume you!”

Psalm 19:7 “The law of the Lord is perfect, restoring the soul.” (Nas)