



Part
2

He Restores My Soul

This week Pastor Ken continued his series called *Keeping Your Song in Testing Times*. We are looking together at Psalm 23 and how to keep your calm and your song in the middle of all the pressures of life. So gather with your family or go through these points alone each week and let's grow together.

The LORD is my shepherd, I shall not want. He makes me lie down in green pastures; He leads me beside quiet waters. He restores my soul; He guides me in the paths of righteousness For His name's sake. Even though I walk through the valley of the shadow of death, I fear no evil, for You are with me; Your rod and Your staff, they comfort me You prepare a table before me in the presence of my enemies; You have anointed my head with oil; My cup overflows. Surely goodness and lovingkindness will follow me all the days of my life, And I will dwell in the house of the LORD forever.

Psalm 23

1. Life has a way of damaging the soul and when we bring our broken soul to The Shepherd, He makes it beautiful once more. That's what it is about when it says "He restores my soul."
2. Living under the weight of guilt can cause a lot of damage to the soul (read Psalm 38:4). There are lots of ways that people try to get rid of their guilt, including comparing ourselves with others, pointing the finger, or punishing ourselves. But the only one way to get rid of your guilt is to bring it to God and confess it to Him and seek His forgiveness (read Psalm 32:1 and Romans 4:7).
3. In any loss you will fill a sense of grief and the sorrow and pain from that grief marks your soul (read Psalm 31:9). Bring your pain to the Shepherd and He will heal your soul (read Isaiah 61:3 and Psalm 30:5). Come to God and worship Him and he will give you the strength that you need.
4. Carrying a grudge will harm the soul (read Job 5:2). Let go of those offenses and choose to forgive (read Romans 12:19).
5. Is there anything that you need to give to God today so that He can restore your soul?

Close in prayer