



"He Restores My Soul"

Psalm 23 (NKJV)

"The Lord is my shepherd; I shall not want. He makes me to lie down in green pastures; He leads me beside the still waters. He restores my soul; He leads me in the paths of righteousness for His name's sake. Yea, though I walk through the valley of the shadow of death, I will 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 anoint my head with oil; My cup runs over. Surely goodness and mercy shall follow me all the days of my life; And I will dwell in the house of the Lord forever."

This Psalm – broken down morsel by morsel – doesn't need to be outlined as much as they need to be experienced.

This sentence is subject to different interpretations but I believe in all of them there is truth about ourselves and God.

What we do know is that the word "restore" means to turn back, returning something to its original state."

How do sheep get scattered or cast away?

I. Sheep can be cast away due to prosperity

A "cast" sheep would happen most during times of fruitfulness (pregnancy) and prosperity (heavy wool). While "cast," the predators all know that a cast sheep is easy prey and death is not far away. It's a time of great vulnerability.

How does one become "cast"?

A heavy, fat, or long-fleeced sheep will lie down comfortably in some little hollow or depression in the ground. It may roll on its side slightly to stretch out or relax. Suddenly, the center of gravity in the body shifts so that it turns on its back far enough that the feet no longer touch the ground. It may feel a sense of panic and start to paw frantically. Frequently, this only makes things worse. It rolls over even further. Now it is quite impossible for it to regain its feet.

As it lies there struggling, gases begin to build up in the stomach. As they expand, they tend to retard and cut-off blood circulation to extremities of the body, especially the legs. If the weather is very hot or sunny, a cast sheep can die in a few hours.

So, it will be seen why the shepherd's attention is always alert for this problem.

As soon as the shepherd found his "cast sheep," he would tenderly roll the sheep over on its side. This would relieve the pressure of the gases. If it had been down long, the shepherd would lift her onto her feet. Then, straddling the sheep, he would hold her erect, rubbing her limbs to restore the circulation to her legs. When the sheep started to walk again, she often just stumbled, staggered, and collapsed.

Little by little the sheep would regain its equilibrium. It would soon, once again, walk steadily and surely. Soon it would join the others, set free from its fears and frustrations, given another chance to live a little longer.

It is significant that no high priest was ever allowed to wear wool when he entered the Holy of Holies. This spoke of self, of pride, of personal preference – and God could not tolerate it.

When the fleece was long and dangerous, a good Shepherd would then shear it clean and prevent the sheep then from losing its life. This was not always a pleasant process. Sheep do not really enjoy being sheared, and it represents hard work for the Shepherd, but it had to be done.

II. Sheep can be scattered by their own fault

They will just get in the habit of wandering. Again and again, the shepherd will have to go and find the wandering lamb. When such occurs too often, the shepherd will lift the lamb from the thistles and briars, hold it close, and abruptly break its leg. He will make a splint for the shattered leg and then carry that once-wayward lamb near his heart. That sheep learns a bitter lesson and, all the while, depends completely upon its shepherd during the period of restoration.

III. Sheep can be scattered by the storms of life

If just the sound of a bunny in the bush can cause a sheep to run, then the other storms can cause them great damage.

What about the storms of life for us?

Suffering... Hurts... Divorce.... Death... Betrayal...

IV. But the Good Shepherd never sees a sheep as a cast away

He restores....

- The word is used in **Psalm 126:1** to cause to turn back, restore.
- The word is used in **I Kings 13:6** to restore a withered hand. (back to its purpose/usefulness)
- The word is used in **Isaiah 52:8** to restore the captives to their land. (their lawful place)
- The word is used in **Isaiah 58:12** to repairing of the walls.
- The word is used in **Daniel 9:25** for the rebuilding of a ruined city.

Something is returned to its original state. He brings us back.

David's own personal story of failure, laziness, lust, adultery, murder, cover up.

For over a year, David suffered in misery, sleepless nights, wearisome days – life, peace of mind, peace of heart went out of him. He struggled until the man of God, Nathan, confronted him and the good Shepherd sobbed over him and brought Him back.

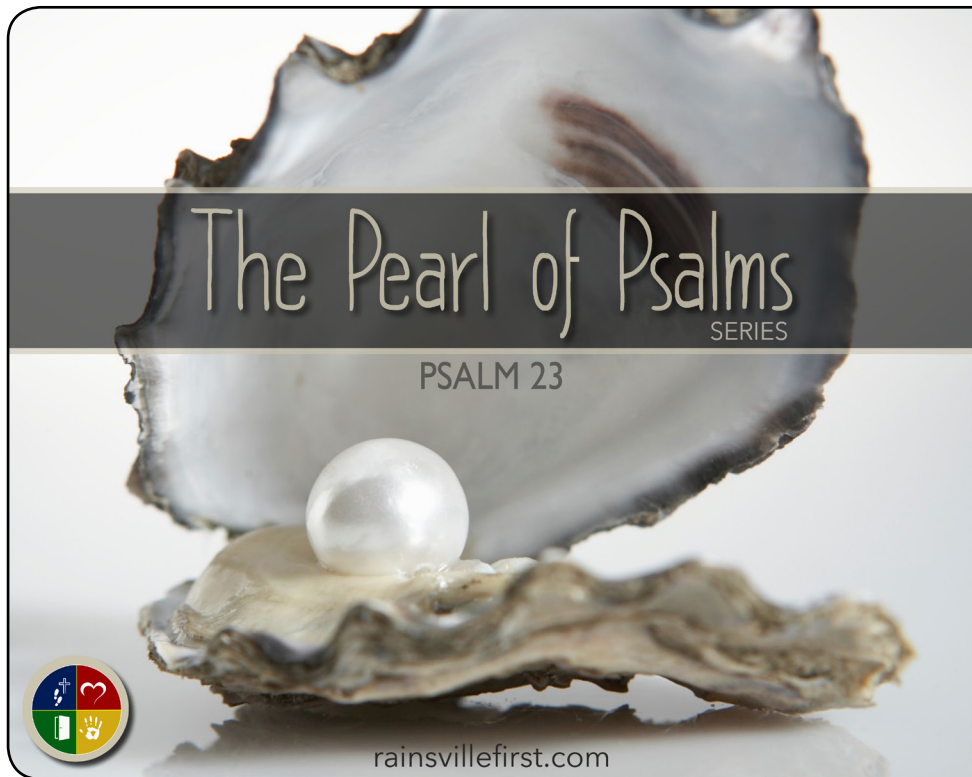
When that happened, he lost his son, but he did not weep, because the weeping was due to the birth of the son. Now the joy bells are ringing in his soul, the song has returned, the joy is there.

He restores my soul...

Jesus is always watching for us.

Jesus will go to whatever lengths to bring you back.... All the way to Calvary.

Through suffering in life, Jesus refreshes, restores, and rescues.



The Pearl of Psalms
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PSALM 23
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SEPTEMBER - DECEMBER 2019

September 15th
"THE LORD IS MY SHEPHERD"

September 22nd
"I SHALL NOT WANT"

September 29th
"HE MAKES ME LIE DOWN IN GREEN PASTURES"

October 6th
"HE LEADS ME BESIDE STILL WATERS"

October 13th
"HE RESTORES MY SOUL"

October 20th
"HE LEADS ME IN THE PATHS OF RIGHTEOUSNESS"

November 10th
"THOUGH I WALK THROUGH THE VALLEY"

November 17th
"YOUR ROD AND YOUR STAFF THEY COMFORT ME"

November 24th
"YOU PREPARE A TABLE BEFORE ME
IN THE PRESENCE OF MY ENEMIES"

December 1st
"YOU ANOINT MY HEAD WITH OIL; MY CUP RUNS OVER"

December 15th
"SURELY GOODNESS AND MERCY SHALL FOLLOW ME"

December 22nd
"AND I WILL DWELL IN THE HOUSE OF THE LORD FOREVER"

December 29th
"THE LORD'S SUPPER"