



He Restores My Soul – June 2021

When something is restored, it is always better than it was to begin with. God's promise to us is a better way, a better life, a better future for ourselves and our loved ones. God will take that which is broken and put it together again and make it better than it was before. David credits the Lord, his shepherd, with restoring or refreshing his soul. In Biblical times, if a sheep became injured, its shepherd would treat its wounds until good health returned.

How often the Lord restores us to good spiritual health after the evil world system has hurt us, or, even more often, when we have hurt ourselves by failing to follow Him closely!

What do you think it means to be spiritually thirsty?

We are born with a thirst for the things of God. We want to know who made us and where we come from and where are we going after we die.

Read Psalm 23, Matthew 5:6, John 7:38, Psalm 36:7-9, Psalm 40:2-3

We know that no living creature can survive without water, the Bible compares our physical thirst with a spiritual one- a thirst for meaning, for love, for purpose. Where do you look to satisfy those thirsts?

Have there been times in your life where you tried to quench a thirst outside of God through places, causes, objects, or people? What did you learn?

When you hear Augustine's quote: "You have made us for Yourself, O God, and our heart is restless until it rests in You." What does that mean to you?

Can you remember specific times when you could feel God 'restoring' your soul? What brought that about?

Sheep are most vulnerable when they are lost or "cast down". Have there been times where you have felt either?

