

# Life Without Lack

## (Psalm 23)

desert breeze  
community church



Saturday & Sunday, April 27 & 28, 2019 Ray Davis

### “Abounding Grace for...my Weariness” **Ps23:2-3a**

Our soul cannot run on empty. But the soul doesn't come with a gauge. One of the challenges of soul-weariness is that it doesn't have the same obvious signs as physical weariness. The indicators of soul-weariness are more subtle. The neglected soul doesn't naturally get better; it gets worse.

### HE RESTORES MY SOUL!

#### WHAT DOES IT MEAN? V3a

Literal translation: He causes my life to return.

“Restore” = Heb. (Shub) Replenish, to return to its original state.

“Soul” = Heb. (Nephesh) Living being, mind, emotion, will, passion and purpose.

**Gen2:7** Then the LORD God formed the man of dust from the ground and breathed into his nostrils the breath of life, and the man became a living creature (Nephesh/Soul).

- It is an inner life that is flourishing with peace, passion and purpose.
- This is not a denial of the sin and suffering of life but confidence that my Shepherd will provide all that I need for whatever I am facing. Phil4:13, 19
- The worst circumstances can't destroy a healthy soul and the best circumstances can't restore an unhealthy soul. Pro18:14

#### HOW DOES IT HAPPEN?

- Stop Following Other Shepherds.

v1 The LORD is my Shepherd...v2a He makes me lie down...; Eccle3:11

- Start Feasting on What the Good Shepherd Provides.  
v2 ...green pastures and...still waters. John10:3-4, 4:13-14; Ps36:7-8

- Strategically Eliminate Hurry from Your Life.

V2 ...lie down...beside still waters...Matt11:28-30

#### **Busy**

A full schedule

Many activities

An outward condition

Physically demanding

Reminds me I need God

(John Ortberg—Soul Keeping)

#### **Hurried**

Preoccupied

Unable to be fully present

An inner condition of the soul

Spiritually draining

Causes me to be unavailable to God

#### **Growing Notes**

- What are some signs of soul-weariness? Why do you think it's harder to detect than physical-weariness? The neglected soul doesn't naturally get better; it gets worse. Explain.
- Read Psalm 23 and focus on vv1-3a. “He restores my soul” is a statement of conclusion. How does He restore my soul (v2)?
- What does it mean He restores my soul (review the three points and Bible verses)? What is the difference between your inner life and outer life? What is a flourishing inner life? A flourishing inner life isn't in a denial of the sin and suffering of life. Explain. How do the best and worst circumstances in life affect a healthy soul (Pro18:14)?
- How does our soul get restored (review the three points and Bible verses)? What other shepherds do you tend to follow? What spiritual disciplines help you to feast on what the Shepherd provides? Do you tend to be busy or hurried? How will following the Good Shepherd and feasting on what He provides help you to eliminate hurry from your life? What is the Good Shepherd speaking to you through this study? Pray.