

God is Good All the Time

Restoring your Soul

Psalm 23:3

Pastor Brian

Psalm 23 ¹ The Lord is my shepherd, I have everything I need. ² He makes me lie down in green pastures; He leads me beside still waters. ³ He restores my soul.

What damages your soul?

1. Bad choices.

Galatians 6 ⁷ Do not be deceived: God cannot be mocked. A man reaps what he sows. (NIV)

2. Guilt & Resentment.

Proverbs 20 ²⁷ The Lord gave us a mind and a conscience; we cannot hide from ourselves. (GNT)

Ephesians 4 ²⁶ “In your anger do not sin”: Do not let the sun go down while you are still angry, ²⁷ and do not give the devil a foothold. (NIV)

3. Grief.

Psalm 31 ⁹ Be merciful to me, Lord, for I am in distress; my eyes grow weak with sorrow, my soul and body with grief. (NIV)

How does Jesus restore your soul?

1. He redeems our struggles into holiness.

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)

2. He forgives us of all our sins.

Isaiah 53 ⁵ He was pierced for our rebellion, crushed for our sins. He was beaten so we could be whole. He was whipped so we could be healed. ⁶ All of us, like sheep, have strayed away. We have left God’s paths to follow our own. Yet the Lord laid on him the sins of us all. (NLT)

3. He heals our grief and provides comfort.

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

Matthew 5 ⁴ Blessed are those who mourn, for they will be comforted. (NIV)