

Psalm 23



**Faith**  
over  
**Fear**

**PS 23**

Message #4

**He Restores**

## Psalm 23

1 The LORD is my shepherd; I shall not want.

2 He makes me to lie down in green pastures;  
He leads me beside the still waters.

3 He restores my soul; He leads me in the  
paths of righteousness for His name's sake.



## Psalm 23

4 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.

5 You prepare a table before me in the presence of my enemies; You anoint my head with oil; My cup runs over.



## Psalm 23

6 Surely goodness and mercy shall follow me  
All the days of my life; And I will dwell in the  
house of the LORD Forever. (NKJV)



Psalm 23:3

He restores  
my soul...















**“He Restores my soul”**

**What does the  
word “restore”  
mean?**

**2 ideas to consider**

**1) Replenish**

**2) Return**

# 1) Replenish = heal, refresh, strengthen



**Green Pastures**

He Replenishes My Soul



**Still Waters**

## **In the Deserts of Life**

- **The soul can get damaged in different ways...**
  - Be overwhelmed, overloaded, weary
  - Offended & bitter (root of bitterness)
  - Wounded, Hurt (loss, sin, pain)
  - Fearful & Anxious
  - Oppressed
  - Vexed, irritated, frustrated, tormented
  - Depressed, Down-cast

*He restores my soul....*



## **Jesus, Matthew 11:28-30**

28 "Come to Me, all you who labor and are heavy laden, and I will give you rest.

29 "Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls.

30 "For My yoke is easy and My burden is light."



# In the Deserts of Life

- **The soul can get damaged in different ways...**
  - Be overwhelmed, overloaded, weary
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*He restores my soul....*



## **Psalm 16:11**

You will show me the path of life; In Your presence is fullness of joy; At Your right hand are pleasures forevermore.

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## **Psalm 51:12**

“restore to me the joy of your salvation”

## 2) **Return**

Restores = HB = shuwb =  
to bring back, to return  
(to where you should be)

“He restores my soul”

or

**“He brings me back”**



# Lost



**Isaiah 53:6** - All we like sheep have gone astray;  
We have turned, every one, to his own way;  
and the LORD has laid on Him the iniquity of us all.

**Jesus, Matthew 16:26**

**"For what profit is it to a man if he gains the whole world, and loses his own soul? Or what will a man give in exchange for his soul?"**

## 2) Return



***How do we get back to the Shepherd?  
How do we get back to safety?***

## Jesus, Luke 15:3-7

3 So He spoke this parable to them, saying: 4 "What man of you, having a hundred sheep, if he loses one of them, does not **leave the ninety-nine** in the wilderness, and **go after the one which is lost** until he finds it? 5 "And when he has found it, he lays it on his shoulders, rejoicing. 6 "And when he comes home, he calls together his friends and neighbors, saying to them, 'Rejoice with me, for I have found my sheep which was lost!' 7 "I say to you that likewise there will be more joy in heaven over one sinner who repents than over ninety-nine just persons who need no repentance.



*He restores my soul*



- My  
“He restores...”  
story

**D23**

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# Psalm 23

1 The LORD is my shepherd; I shall not want.

2 He makes me to lie down in green pastures;  
He leads me beside the still waters.

**3 He restores my soul...He replenishes me,  
He brings me back!**

