

A PASTURE

[RESTORATION]

*(Psalm 23)*

He makes me lie down in green pastures,  
He leads me beside quiet waters,  
He restores my soul.

*(Psalm 23:2)*

# RESTORE

1. DOWN



2. UP



Good News! When I am down, I am not out!



# WHAT TAKES ME DOWN?

**1. Event**

**2. Culture**

**3. Failure**

**WHAT CAN GOD DO?**



1. God brings new life [regenerates/heals]

He **REPAIRS** my soul!

But those who wait upon the Lord will  
“renew” their strength... (*Is. 40:31*)

All the days of my hard service, I will wait  
for my “renewal” to come... (*Job 14:14*)

I will exalt you, O Lord, for you lifted me out of the depths and did not let my enemies gloat over me. I called to you for help and you healed me. O Lord, you brought me back from the grave, you spared me from going down into the pit. (*Ps. 30:1-3*)



2. God gives new vitality and enthusiasm

He **REFRESHES** my soul!



Do not be conformed to this world, but be transformed through the “renewing” of your mind... (*Rom. 12:2*)

Outwardly we are wasting away, but inwardly we are being “renewed” day by day. So we do not lose heart. (*11 Cor. 4:16*)

Put on the new self that is being “renewed”  
in the image of its Creator (*Col. 3:10*)

He has saved us through the washing  
of rebirth and “renewal” by the Holy Spirit  
whom he poured out on us generously  
through Jesus Christ our Savior (*Titus 3:5*)



God enables the soul to find new direction

He **REORIENTS** my soul

He will “renew” your life (*soul > nephesh*)  
and sustain you in your old age. (*Ruth 4:15*)

Though you have made me see troubles many  
and bitter, you will “restore” my life (*nephesh*)  
again. From the depths of the earth, you will  
bring me up again. (*Psalms 71:20*)

What can God use to restore my soul? What equates to the green pastures and still waters?

ANYTHING and EVERYTHING! Just lie down. Eat and drink from what he provides.

And the God of all grace, who called you to his eternal glory in Christ, after you have suffered for a little while, will himself RESTORE you and make you strong, firm, and steadfast!

*(1Peter 5:10)*