1. Have you ever felt like you were the only one in control of your life or the only one who could make things right?
2. Have you ever felt like you were lost in the wilderness of life?
3. Have you ever felt like you simply were out of time or energy or understanding to face the world?
4. What would it mean for God to “make” you lie down? Has God ever done that in your life? What did it feel like?
5. What would a “green pasture” or “still waters” be in your life? What do those images bring to your imagination?
6. What would it mean for God to “restore your soul?” Have you ever experienced that? Do you long for that?
Restore My Soul
Rev. Dave Corna
Psalm 23:1
The Lord is my shepherd, I shall not want.
Psalm 23:2–3a
He makes me lie down in green pastures; he leads me beside still waters, he restores my soul.
“makes me lie down...”
Psalm 46:10
“Be still, and know that I am God! I am exalted among the nations, I am exalted in the earth.”
“leads me beside still waters....”
Psalm 40:1–3
I waited patiently for the Lord; he inclined to me and heard my cry. He drew me up from the desolate pit, out of the miry bog, and set my feet upon a rock, making my steps secure. He put a new song in my mouth, a song of praise to our God. Many will see and fear, and put their trust in the Lord.
“restores my soul....”
Have you not known? Have you not heard? The LORD is the everlasting God, the Creator of the ends of the earth. He does not faint or grow weary; his understanding is unsearchable. He gives power to the faint, and strengthens the powerless. Even youths will faint and be weary, and the young will fall exhausted; but those who wait for the LORD shall renew their strength, they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.
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