

Wednesday Night Bible Study

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Lesson 3

"God Restores My Soul"

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"He restores my soul"

Psalms 23:3

Let's face it, we're human, we're imperfect. There are times when our soul has been damaged; it needs healing and restoration.

Jesus is a soul-healing Savior that can restore and quench our spiritual thirst—**Read Psalms 42:1-4**

1 As the deer pants for streams of water, so my soul pants for you, my God.

2 My soul thirsts for God, for the living God. When can I go and meet with God?

3 My tears have been my food day and night, while people say to me all day long, "Where is your God?"

4 These things I remember as I pour out my soul: how I used to go to the house of God under the protection of the Mighty One with shouts of joy and praise among the festive throng.

The word "*soul*" appears in the Bible over 300 times. It one of the most important parts of the human body that cannot be seen, but expressed in various ways.

In fact, according to **1 Thessalonians 5:23**, humanity was created with three parts—a spirit, a soul, and a body:

“May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ.”

Simply stated, the human soul is the part of a person that is not physical but metaphysical—which means the soul cannot be reached through the physical touch.

The soul is the only part of every human being that lasts eternally after the body experiences death. For example, **Read Genesis 35:16-18**

16 And they journeyed from Beth-el; and there was still some distance to come to Ephrath: and Rachel travailed, and she had hard labor.

17 And it came to pass, when she was in hard labor, that the midwife said unto her, Fear not; for now thou shalt have another son.

18 And it came to pass, as her soul was departing (for she died), that she called his name Ben-oni: but his father called him Benjamin.

Genesis 35:18 describes the death of Rachel, Jacob’s wife, saying she named her son “*as her soul was departing.*” From this we know that the soul is different from the body and that it continues to live after physical death.

Let’s take a moment to pause and read **Psalms 23 (NKJV)** again

As you read Psalms 23 again, **read it from your soul.**

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.***

*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.*

*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.*

"He restores my soul"

Psalms 23:3

- Your soul is your mind
- Your soul is your will
- Your soul is your emotions
- Your soul is that part of you that thinks, makes decisions, and feels
- Your soul determines who you are

But our soul can't be restored unless we know what's causing it to be drained.

So, let's look at the most common reasons and how Jesus, in His kindness, restores right thinking, right feeling, and right decision making.

1. Unaddressed Grudges:

Divine healing begins when we face the fact that we're not living in heaven, our existence is upon the earth. Therefore:

- We're all broken people
- Sometimes we hurt people intentionally
- Sometimes we hurt one another unintentionally
- Life isn't fair; innocent people suffer
- Good guys don't always win.

All of us have experienced unfair, painful, or prejudicial treatment in some ways.

Q=How do we respond to it?

If we start dwelling on it and stewing, spewing, and worrying, your soul will take a hit. Grudges, resentment, bitterness, retaliation, or revenge over what others have done to you...

- Will only damage your soul
- Impair your thoughts, emotions, and decisions

Q=Who gets hurt when you're resentful?—You do.

- Holding a grudge is like drinking poison and hoping it kills the other person who hurt you.

Job 18:4 (GNT)

You are only hurting yourself with your anger. Will the earth be deserted because you are angry? Will God move mountains to satisfy you?

Q=Has something happened (unresolved conflict or someone hurt you) that is eating you up inside?

- Look at what it is costing you to agonize over the offence—physically, emotionally, mentally, spiritually, relationally, or maybe financially

The Bible declares that one day God is going to even the score. People who were mistreated, misjudged, and treated unfairly will receive justice.

Therefore, it is not your job to avenge yourself.

Romans 12:19 (NLT)

17 Never pay back evil with more evil. Do things in such a way that everyone can see you are honorable.

18 Do all that you can to live in peace with everyone.

19 Dear friends, never take revenge. Leave that to the righteous anger of God. For the Scriptures say, "I will take revenge; I will pay them back," says the Lord.

Unaddressed grudges will blind you to how much good God has done in your life.

- You become blind to the truth
- You become blind to the needs of people around you

Your soul will not be restored until you let it go. That's what Jesus wants to help us do. When God restores our soul, He will take the bitter things in your life and turn them into better things.

2. Jesus Will Turn Your Hurts Into Holiness:

This is a promise only for those who accepted Jesus Christ as Lord and Savior.

Everything that happens to us is not good.

- Can God take the bad things and use them for good? Yes
- Can God take your sins and mistakes and bring good out of them? Yes
- Can God take your own weaknesses and your damaged will and work good? Yes

Anybody can bring good out of good but God specializes in bringing good out of bad.

Romans 8:28-29 (New Century Version NCV)

28 We know that in everything God works for the good of those who love him. They are the people he called, because that was his plan.

29 God knew them before he made the world, and he chose them to be like his Son so that Jesus would be the firstborn of many brothers and sisters.

- God's purpose is to build your character. He is far more interested in your character than in your comfort—because comfort will not restore your soul.

- God is not going to give you comfort at the expenses of your character. You're going to be comfortable for eternity in heaven.
- Right now, God wants you to become like Christ

29 God knew them before he made the world, and he chose them to be like his Son so that Jesus would be the firstborn of many brothers and sisters.

- God often teaches you these qualities in the exact opposite situation. For example:
 - We learn to truly love when being around unlovable people
 - We only learn joy in the midst of grief
 - We only learn peace in the middle of chaos

When we go through tough times, don't ask, "Why is this happening to me?" Instead ask, "Lord what do you want to teach me? What characteristic do you want to grow in me?"

Romans 5:3-4 (New Century Version NCV)

3 We also have joy with our troubles, because we know that these troubles produce patience.

4 And patience produces character, and character produces hope.

In the Old Testament, Joseph's story shows us how God want us to respond to injustice.

- Joseph had every reason to hold on to a grudge
- His brothers threw him into a pit and sold him into slavery
- He was taken to a foreign country, falsely accused and put into prison
- For the first 40 years of Joseph's life, nothing went right for him

Q=Can you identify with some or all of these negative points of Joseph's life?

Yet God had Joseph exactly where He wanted him to be.

- When his brothers, facing famine, they had to come to Egypt to find food
- When Joseph revealed who he was, he said this to his brothers...

Genesis 50:20 (NIV)

You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives.

- In other words, what Joseph was really saying... *"let's not beat around the bush. You didn't like me. You meant what you did for bad, but God used it for good. God is bigger than you, and God will bring good things out of every bad thing"*
- When we believe God will do this, God will begin to rebuild your soul—your broken thoughts, your broken emotions, and your broken will.

"He restores my soul"

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3. Unconfessed Guilt:

Everyone one of us has a good reason to feel guilt. Its legit because no one does everything right. We hurt other people. We act selfishly. Often, the unkindest things we say are to the people we love.

Proverbs 20:27 (Good News Translation GNT)

The LORD gave us mind and conscience; we cannot hide from ourselves.

Psalms 38:4, 6 (New Century Version NCV)

My guilt has overwhelmed me; like a load it weighs me down.

- God loves us and wants to forgive us of our sins so we can be released from our guilt

1 John 1:9 (NLT)

But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness.

4. Jesus Takes Your Sins On Himself:

Everything we're going to do wrong—including the stuff we're going to do tonight, tomorrow, next week and a decade from now—has already been paid for—That's Good News!!!

Isaiah 53:5-6 (New American Standard Bible NASB)

5 But He was pierced for our offenses, He was crushed for our wrongdoings;
The punishment for our well-being was laid upon Him, And by His wounds we are healed.

6 All of us, like sheep, have gone astray, Each of us has turned to his own way;
But the Lord has caused the wrongdoing of us all To fall on Him.

5. Jesus Feels Your Grief and Heals Your Heart:

There is no hurt you can experience that Jesus doesn't understand. He experienced all of the loneliness, all of the betrayal, and all the rejection that we can possibly experience. And the good news is that he came to heal our souls.

Isaiah 53:3-4 (NLT)

3 He was despised and rejected—a man of sorrows, acquainted with deepest grief. We turned our backs on him and looked the other way. He was despised, and we did not care.

4 Yet it was our weaknesses he carried; it was our sorrows that weighed him down. And we thought his troubles were a punishment from God, a punishment for his own sins!

What is the healthy response to what Jesus does because of your guilt, your grief, your sins, grudges?

Matthew 11:28-30 (NLT)

28 Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest.

29 Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls.

30 For my yoke is easy to bear, and the burden I give you is light."

It has been said that there are only two things that last: the Word of God and the souls of men. This is because, like God's Word, the soul is an imperishable thing.

That thought should be both sobering and awe-inspiring. **Every person you meet is an eternal soul.** Every human being who has ever lived is a soul, and all of those souls are still in existence somewhere.

The question is, where? The souls that reject God's love are condemned to pay for their own sin, eternally, in hell (**Romans 6:23**).

But the souls who acknowledge their own sinfulness and accept God's gracious gift of forgiveness will live forever beside still waters with their Shepherd, wanting for nothing—**Psalms 23:1-3a**

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;