

RESTORED! | He Restores My Soul

This lesson explores God's restorative work in the life of the weary believer. Psalm 23 reveals a Shepherd who does not shame exhaustion but restores the soul. God's answer to weariness is not withdrawal but renewal. Let's see what God's Word has to say!

- Psalm 23:1-3 | The Lord is my shepherd; I shall not want. He makes me to lie down in green pastures; He leads me beside the still waters. *He restores my soul*; He leads me in the paths of righteousness for His name's sake.
- Matthew 9:35-36 | Jesus went through all the towns and villages, teaching in their synagogues, proclaiming the good news of the kingdom and healing every disease and sickness. When he saw the crowds, he had compassion on them, because they were harassed and helpless, like sheep without a shepherd.
- Matthew 11:28-30 | "Come to me, all you who are weary and burdened, and *I will give you rest*. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."
- Psalm 46:10 | He says, "*Be still*, and know that I am God; I will be exalted among the nations, I will be exalted in the earth."
- Isaiah 40:28-31 | Do you not know? Have you not heard? The Lord is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and his understanding no one can fathom. *He gives strength to the weary and increases the power of the weak*. Even youths grow tired and weary, and young men stumble and fall; but *those who hope in the Lord will renew their strength*. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.
- Acts 3:19-21 | Repent, then, and turn to God, so that your sins may be wiped out, that times of *refreshing* may come from the Lord, and that he may send the Messiah, who has been appointed for you—even Jesus. Heaven must receive him *until the time comes for God to restore everything*, as he promised long ago through his holy prophets.
- 2 Corinthians 4:16-18 | Therefore we do not lose heart. Though outwardly we are wasting away, yet *inwardly we are being renewed day by day*. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.

Bible Refs: [Psalm 23](#); [Ezekiel 34:11-12](#); [Jeremiah 31:10](#); [John 10:11](#); [Acts 3:19-21](#); [Matthew 11:28-30](#); [Isaiah 46:10](#); [Isaiah 40:28-31](#); [Matthew 9:35-36](#); [2 Corinthians 4:16-18](#) [[SPANISH](#)]

Questions for Reflection

1. What speaks to you the most? What words stand out to you? Is there a key verse?

2. Why does David begin by calling the Lord his shepherd? How does this establish the context of this Psalm? How does knowing God as Shepherd shape your understanding of spiritual rest? Where do you feel the Shepherd inviting you to slow down and rest? What habits or pressures make it difficult for you to lie down in green pastures?
3. What burdens do people carry that Jesus hasn't asked them to bear? What kinds of things knock us flat on our backs? How are our excesses both a clue to the condition of our soul and a concealment?
4. How does Jesus' promise of rest challenge your current pace of life? What would it look like to walk "in rhythm" with Jesus daily? What makes stillness difficult for you? Where do you need to stop striving and start trusting? How can you create space for stillness in your weekly rhythm?
5. What does "waiting on the Lord" look like in your current season? Where have you tried to manufacture your own strength instead of receiving God's? How have you experienced God renewing your strength in the past?
6. What insight did you gain from this lesson? Identify a few takeaways from this lesson.

Important Takeaways

- David begins with identity: "The Lord is my Shepherd." Restoration begins with relationship, not performance. God restores the soul by leading His people to rest, safety, and renewed strength.
- Weariness is not weakness; it is an invitation. When you are weary, come to Jesus. His invitation is personal. His rest is not an escape but a rescue. His yoke is easy because He carries the weight.
- Stillness is a spiritual discipline. Be still and know that He is God. Stillness is not inactivity; it is intentional trust. God restores the soul when we stop striving and start surrendering. God restores the soul in quiet trust.
- Strength is received, not achieved. Even youth grow tired, but those who wait on the Lord renew their strength. Weariness is universal, but refreshing, though promised, is optional. Waiting on the Lord brings supernatural renewal.

Conclusion

This lesson reminds us that feeling worn out isn't a sign of failure but a call to lean into God's restoration. God, our Shepherd, gently leads us to rest and refreshment, showing us that real strength comes from waiting on Him, not pushing ourselves harder. Jesus invites each of us personally to find rest in Him, carrying the heavy stuff we can't handle alone. And when we pause and trust God, our souls find the peace they need.

Heavenly Father, I wait on You today, trusting in Your unfailing love. I ask You to restore my soul and renew my strength. Help me to lay my burdens at Your feet and find rest in Your presence. Teach me to be still and know that You are God, my good Shepherd. In Jesus' name, Amen.