



God Restores My Soul

“He restores my soul; He leads me in the paths of righteousness for His name’s sake.”

Psalm 23:3 (NKJV)

Number 8 in the series “The Lord is My Shepherd”

I am so grateful that I serve a God of restoration. Psalm 42:5-6 (NKJV) reads, *“Why are you cast down, O my soul? And why are you disquieted within me? Hope in God, for I shall yet praise him for the help of His countenance.”*

Our soul is our mind, will and emotions, and here David speaks to his soul. He asks it two questions: (1) Why are you cast down? and (2) Why are you so disturbed? Then David encourages his soul to hope in God and praise Him. David was experiencing many tests and trials at this time in his life. He knew the importance of reminding himself that only God could save him. I have often always followed David’s example.

For years David had been a shepherd. The term *cast down* was very familiar to him. It is a term that puts fear into the hearts of all shepherds. Often when a sheep would fall or had been lying down, it would roll onto its back and would not be able to get up without help. It would become fearful and struggle frantically to get up without success. A good shepherd is constantly with his sheep making sure that none of them are cast down. Vultures, wild dogs, and coyotes are also on the lookout for a sheep that has been cast down. It would not live long without the shepherd’s help.

David loved God and was loved by God, and he knew the agony, fear, helplessness, frustration and shame of being cast down many times. He had experienced rejection and defeat in battle and in his own personal life. He also knew persecution. He knew the shame of falling into

temptation to his lusts. He also fell in his struggle with his flesh, and he had many enemies. 1 Peter 5:8-9 (NIV) reads, *“Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour. Resist him, standing firm in the faith, because you know that your brothers throughout the world are undergoing the same kind of sufferings.”*

Beloved, one of the things the Bible calls us is *sheep*. Just like natural sheep and like David, we are all being tried and tested, and the devil is constantly tempting us. We all struggle with our flesh, and we have all been cast down at different times in our Christian walk. Only God’s amazing grace has saved us and gotten us back on our feet.

We need to obey God’s Word and be self-controlled and alert. We need to stand firm in the faith and pray for each other. All around us, believers are becoming cast down. When we see a believer cast down, we need to help them to stand again by praying for them and supporting them. I praise God for His amazing grace and restoration.

Can I ask you a question? Are you cast down at this time? If so, can I encourage you to call on Jesus. He will help you get back on your feet.

— *Janice McBride*

Preparing Christ’s Bride Ministries

1941 Croftdale Drive, Florissant, MO 63031 • janice@janicemcbride.com

Preparing Christ’s Bride Ministries is an international ministry. Janice is from Scotland and lives in St. Louis, Missouri with her husband, Richard. They minister at retreats, churches, military bases and prisons, helping people to glorify Jesus through obedience to His Word.