

# He Restores My Soul



One of the many things that I love about God is found in Psalm 23:3a. “He restores my soul.” In the Amplified Bible, it reads, “He refreshes and restores my life (my self).”

Can you think of specific instances when you have been discouraged, bowed down by the pressures and demands of life? It does not have to be a catastrophic event that threatens the health of your soul. More often than not, it is the small things continually building, one upon another, until the accumulated weight brings despair. You continue to perform but you lack emotional vitality. You go through the motions meeting the expectations of others while inwardly there is a growing numbness, a weakening of the soul.

In this state of the soul, there is also increased vulnerability to various temptations. If the need for spiritual refreshing and renewal is not recognized, the condition of the soul continues to erode. Here is where one becomes increasingly self-focused. Relationships are strained as emotions wear thin. The thought processes become clouded, as the moral fabric continues to be unraveled. The person maintains their religious persona but the authenticity and joy of their relationship with God is diminishing. Given enough time, the consequences become more severe, straying further from God to pursue sinful desires. This continued erosion of the human soul is a slow and progressive process that has brought many to ruin.

When confronted, a person at this stage slips into ego management, denying there is any reason for concern, saying, “What is your problem? Everything is just fine!” When the state of their soul is questioned they minimize, “It’s not as bad as you think.” Often they will blame shift while playing the victim. It’s gut wrenching to watch people we know and love caught in a downward spiral refusing to listen to what they call, those holier than thou do gooders. “Why don’t they just live their own lives and leave me alone!”

Space does not allow me the liberty of revealing the many ways in which our loving God patiently pursues the weary and thirsty soul. Whether discouraged like Elijah when threatened by Jezebel (1 Kings 19:2-8) or enduring temptation like Jesus in the wilderness (Matt. 4:11), we will receive His tender care and be refreshed. When in fear like Peter, who denied Christ (Matt. 26:75) or like Thomas who could not believe Jesus had risen from the dead (John 20:26-8), God will meet us at our point of need.

God’s grace also extends to the soul of the prodigal (Luke 15:11-24), who having walked away from God, is continually pursued by Him, healing the soul of its backsliding, and restoring it to His favor. Where ever we may be in life’s journey, God brings us back, relieves, refreshes, and comforts our soul with renewed discoveries of His love and the promises of His word (Psalm 19:7, Psalm 51:7-12). We only need to respond.



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