

**Lesson 5 - Psalm 23:3a**  
**“He Restoreth My Soul”**

**1. “He restoreth my soul.”**

a. “restoreth”:

1) Heb. = “*shoov*”:

a) The basic meaning of the verb is movement \_\_\_\_\_ to the point of \_\_\_\_\_  
– Strong pg. 837.

b) Fig. = to restore, refresh, \_\_\_\_\_ (fig.).

c) IAW Webster to restore means:

1] To bring \_\_\_\_\_ to or put \_\_\_\_\_ into a \_\_\_\_\_ or original state.

2] To \_\_\_\_\_, \_\_\_\_\_, or alter.

3] To put again in possession of something – (i.e. \_\_\_\_\_).

2) LXX = ἐπέστρεψεν = Aor, A, Ind, 3, Sg. of ἐπιστρέφω:

a) To cause a person to \_\_\_\_\_ or course of \_\_\_\_\_, with focus on the thing to which one turns – BDAG pg. 382.

b) Turn, turn around, return, \_\_\_\_\_ (*i.e.* \_\_\_\_\_ *to* \_\_\_\_\_).

b. “soul” = Heb. “*nephesh*” and ψυχη in LXX:

1) Self; life; person; \_\_\_\_\_. \_\_\_\_\_ that is \_\_\_\_\_ a person – Strongs pg. 669.

2) Living being, life, self, person, \_\_\_\_\_, appetite, \_\_\_\_\_, and \_\_\_\_\_ – BDB pg. 659.

3) It speaks of the \_\_\_\_\_ person – MacArthur.

**2. Why do our souls need to be restored?**

a. Because we become \_\_\_\_\_ or \_\_\_\_\_ down sheep.

1) “This is an old English shepherd’s term for a sheep that has \_\_\_\_\_ over on its \_\_\_\_\_ and cannot get up again by \_\_\_\_\_” (Keller, 59).

2) Depending of the weather a sheep could \_\_\_\_\_ in a matter of just a few \_\_\_\_\_.  
(Gases build up in the rumen and retard and cut off blood circulation.)

3) In other words, sheep that allow themselves to become \_\_\_\_\_ put themselves in a very \_\_\_\_\_ situation, which also prevents them from \_\_\_\_\_ the shepherd's \_\_\_\_\_ for their lives.

b. How do sheep become \_\_\_\_\_?

1) **By looking for a** \_\_\_\_\_.

a) Sheep that choose the \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_ hollows in the ground in which to lie down very often become \_\_\_\_\_.

b) Christians that look for the \_\_\_\_\_ place, the \_\_\_\_\_ corner, the \_\_\_\_\_ position where there is no \_\_\_\_\_, no need for \_\_\_\_\_, no demand upon \_\_\_\_\_ - \_\_\_\_\_ are the ones in great danger of becoming \_\_\_\_\_ sheep.

c) **1 Cor 9:27 & 10:12** – “But I keep under my body, and bring it into \_\_\_\_\_: lest that by any means, when I have preached to others, I myself should be a \_\_\_\_\_.... Wherefore let him that \_\_\_\_\_ he standeth take \_\_\_\_\_ lest he \_\_\_\_\_.”

2) **By having too much** \_\_\_\_\_.

a) \_\_\_\_\_ in scripture depicts the \_\_\_\_\_ self-life. “It is the \_\_\_\_\_ expression of an \_\_\_\_\_ attitude, the \_\_\_\_\_ of my own desire and hopes and aspirations” (Keller, 65).

b) The high priest was never allowed to wear wool when he entered into the Holy of Holies.

c) A sheep's \_\_\_\_\_ would accumulate or get \_\_\_\_\_ down with things of the \_\_\_\_\_ (i.e. \_\_\_\_\_, \_\_\_\_\_, burrs, ticks, etc.), which would make it much more susceptible to becoming \_\_\_\_\_.

d) The same is true of Christians. We can get so \_\_\_\_\_ down with the things of the \_\_\_\_\_ (whether those things be \_\_\_\_\_ or \_\_\_\_\_) that we become useless \_\_\_\_\_ sheep. This is why the author of Hebrews admonishes us to “lay aside every \_\_\_\_\_, and the \_\_\_\_\_ which doth so easily beset us, and let us run with patience the race that is set before us” (Hebrews 12:1).

3) **By becoming too** \_\_\_\_\_.

a) \_\_\_\_\_ too much of the \_\_\_\_\_ things.

- b) Lack of \_\_\_\_\_ due to the lack of \_\_\_\_\_ - \_\_\_\_\_.
- c) “\_\_\_\_\_ success is no measure of \_\_\_\_\_ health” (Keller, 67).
- d) Having the self-discipline to watch what we \_\_\_\_\_ eat and to exercise the \_\_\_\_\_ disciplines in our lives are the keys to staying \_\_\_\_\_ healthy. We see this truth in Paul’s charge to Timothy: “But refuse profane and old wives’ fables, and exercise thyself rather unto \_\_\_\_\_. For \_\_\_\_\_ exercise profiteth little: but \_\_\_\_\_ is profitable unto all things, having promise of the life that now is, and of that which is to come” (1 Timothy 4:7-8).

4) The example of David – **Read 2 Sam 11:1-12:9.**

**3. How does the Good Shepherd \_\_\_\_\_ His sheep, or in other words, how does He \_\_\_\_\_ our souls?**

a. The example of David - **Read 2 Sam 12:10-31.**

- 1) By \_\_\_\_\_ us out of our \_\_\_\_\_ - **Read 2 Sam 12:15-18, 26-29.**
- 2) By \_\_\_\_\_ away whatever is \_\_\_\_\_ us down – **Read 2 Sam 12:11.**
- 3) By \_\_\_\_\_ us on a \_\_\_\_\_ of \_\_\_\_\_: **Read Heb 12:5-9** and then **2 Sam 12:10, 14.**

b. Why does He \_\_\_\_\_ us? **Read Heb 12:10-11** and then **2 Sam 12:13, 24-25, 30-31.**

**4. In conclusion:**

a. I have some good news and some bad news.

- 1) The good news is that we have a Good Shepherd who goes out of His way to \_\_\_\_\_ His \_\_\_\_\_ sheep.
- 2) The bad news is that we have a Good Shepherd who goes out of His way to \_\_\_\_\_ His \_\_\_\_\_ sheep. He will not let us get \_\_\_\_\_ with our \_\_\_\_\_!!

b. I have some more good news and some more bad news.

- 1) The good news is that we can take the \_\_\_\_\_ outlined here tonight and not become \_\_\_\_\_ sheep **OR**;
- 2) The bad news is that you will become a \_\_\_\_\_ sheep and have to face the often \_\_\_\_\_ process of the Good Shepherd.

c. If you are a cast sheep, now is the time to do what David did in 2 Sam 12:13.