

## Psalm 23: He Restores my Soul

Luke focused on Psalm 23:2-3, highlighting the personal nature of God's role as our Shepherd who provides refreshment.

Everyone possesses an innate longing for true refreshment and renewal, described as a "God-shaped hole" that only God can fill.

Life is experienced in "seasons," encompassing both peaceful, restful times ("green pastures," "quiet waters") and challenging periods (the "dark valley,").

Key sources of refreshment from God include:

- **God's Word (the Bible):** It is "perfect, refreshing the soul" (Psalm 19:7), providing exactly what one needs to hear.
- **Prophetic Words and Prayer:** Receiving words from God through others for strengthening, encouragement, and comfort (1 Corinthians 14).
- **God uses others to affirm what he's doing:** Simple fellowship and empathetic conversation within the Christian community can unexpectedly lift burdens and bring renewal as the spirit speaks through them.
- These life seasons are not random; God, as the loving Shepherd, is in complete and intentional control, leading us through each phase.

God knows precisely what we need and orchestrates the timing of our refreshment and transitions, often surprising us as He moves us into new seasons.

You're encouraged to embrace God's personal leading, recognizing His loving control over every season of life. It invites them to seek true refreshment found uniquely in Him, through His word, the prophetic, and the use of His people sharing, trusting that He is always guiding them along the right paths.

1. Name a time you have been aware of having everything you need, in the Lord?
2. The speaker said that the Bible is "perfectly and exactly what I need to hear" and it refreshes the soul. When has a specific scripture or sermon felt like it was exactly what you needed?
3. The sermon stated that life's seasons of ups and downs "are not random" and that God is in "loving control of your life". How does this truth impact you when you are in a difficult season?
4. The speaker mentioned that he felt refreshed and encouraged when people prayed for him or shared a prophetic word. Do you have a time that someone sharing or praying has encouraged you?
5. Let's spend some time praying for one another, and asking the Lord to speak through scripture for others in the group.