**Psalm 23:3 -- He restoreth my soul**

**Review**: Psalm 23 is David's testimony to the faithfulness of God to his soul. He has lived many years being shepherded by his God. This is why he can testify that “The LORD is my shepherd!”

As his Shepherd, the LORD had shown Himself to be David's Provider, Protector, and Guide.

The LORD had chosen David to be his own. He had given his Son to be David's substitute. He had purchased him and reconciled him to the Father in heaven. The LORD had sought out David and found him even when David had not been seeking him. The LORD had come to David, where he was, and saved him as he was -- a sinner! The LORD had cared for him all his life; he had watched over him; and he had preserved him all the days of his life.

David continues his testimony concerning the provision of his Shepherd by declaring that the Lord Jesus Christ had provided - the greatest of all human needs -- **RESTORATION**!

David declares, “He restoreth my soul!” Psalm 23:3

**Definition: Restoreth** -- To be turned back to (God) and therefore away from (wandering, sin, persecution, trial) - To be **recovered**, **relieved**, **revived**, and **refreshed**.

The Lord is my shepherd, he restoreth my soul -- He recovers my soul from death and destruction.

The Lord is my shepherd, he restoreth my soul -- He relieves my soul in its distresses

The Lord is my shepherd, he restoreth my soul -- He restores me when wandering

The Lord is my shepherd, he restoreth my soul -- He revives me when I am in spiritual decline

The Lord is my shepherd, he restoreth my soul -- He refreshes me when I am weary

**Albert Barnes** – “…The reference is not to the soul as wandering or backsliding from God, but to the life or spirit as exhausted, wearied, troubled, anxious, worn down with care and toil. The heart, thus exhausted, He re-animates. He brings back its vigor. He encourages it; excites it to new effort; fills it with new joy.”

**Note**: I am not sure I agree with Mr. Barnes when he says, “This reference is not to the soul as wandering or backsliding from God …” More on this later.

**John Gill** – “…when fainting, swooning, and ready to die away, he fetches it back again, relieves, refreshes, and comforts with the discoveries of His love, with the promises of His word, and with the consolations of His Spirit, and such like …”

**The Treasury of David** – “He restoreth my soul.” When the soul grows sorrowful He revives it; when it is sinful He sanctifies it; when it is weak He strengthens it. “He” does it. His ministers could not do it if He did not. His Word would not avail by itself. “He restoreth my soul.” Are any of us low in grace? Do we feel that our spirituality is at its lowest ebb? He … can soon restore our soul. Pray to Him … for the blessing …”

**1. He restoreth my soul from spiritual death to everlasting life.** David is looking back on his whole life and that must include the time when he was a sinner and God had mercy upon his soul and saved him.

**Ephesians 2:1, 4, 8-9** – “(1) And you hath he quickened, who were dead in trespasses and sins … (4) But God, who is rich in mercy, for his great love wherewith he loved us, Even when we were dead in sins, hath quickened us together with Christ, (by grace ye are saved;) … (8) For by grace are ye saved through faith; and that not of yourselves: it is the gift of God: (9) Not of works, lest any man should boast.”

Spiritual deadness leads us to take our own way:

**Isaiah 53:6** – “**All we like sheep have gone astray; we have turned every one to his own way**; and the LORD hath laid on him the iniquity of us all.”

**Matthew 18:11-12** – “For the Son of man is come to save that which was lost. How think ye? if a man have an hundred sheep, and one of them **be gone astray**, doth he not leave the ninety and nine, and goeth into the mountains, and seeketh **that which is gone astray**?”

We go astray after false religion – after idols (false gods)

We go astray after our own way. We go astray after the way of the world. We go astray after the way of the evil one. We go astray after that which is false, foolish, and fleeting.

Our Shepherd, the Lord Jesus Christ, leads us out of death and into the light of His Life – His forgiveness – His righteousness.

**II Corinthians 5:21** –“For he hath made him to be sin for us, who knew no sin; that we might be made the righteousness of God in him.”

He was made sin. Yet, He makes us righteous.

He took sin’s penalty – death. Yet, He gives us His Life – everlasting life.

He suffered sin’s judgment. Yet, He set us free and justifies us.

In the work of Jesus Christ on behalf of sinner – we are restored back into a living relationship with God our Father.

**2. He restoreth my soul from wanderings in sin to fellowship with Him.**

**Psalm 119:176** – “I have gone astray **like** **a lost sheep**; seek thy servant; for I do not forget thy commandments.”

David expresses the heart of a true child of God – a true Sheep. Even though we may and often do wander far from God’s will and way, yet He retrieves us – restores us – and recovers us.

**Psalm 119:10** – “With my whole heart have I sought thee: O let me not **wander** from thy commandments.”

Both statements in this Psalm are the true expression of a Child of God.

It is the Child of God’s desire to seek the Lord with all their hearts. And, at the same time, the true Child of God recognizes how quickly he may wander and, therefore, prays for help.

The song writer put it this way: “Prone to wander Lord I feel it. Prone to leave the God I love! Here’s my heart O take and seal it. Seal it for Thy courts above.”

Sometimes we go astray by using our own wisdom, knowledge, and trusting in the world around us.

**Isaiah 47:10** – “For thou hast trusted in thy wickedness: thou hast said, None seeth me. **Thy wisdom and thy knowledge, it hath perverted thee**; and thou hast said in thine heart, I am, and none else beside me.”

Sometimes, we go astray by bad company

**Proverbs 19:27** – “Cease, my son, to hear the instruction that causeth to err from the words of knowledge.”

**Psalm 1:1** -- “Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful.”

But – Through Divine chastening - by the gentle afflictions and correction of our Shepherd – He **restores** us to fellowship.

**Psalm 119:67 & 75** – “**Before I was afflicted** I went **astray**: but now have I kept thy word. … I know, O LORD, that thy judgments are right, and that thou in faithfulness hast afflicted me.”

**Hebrews 12:5-7 and 10** – “(5) And ye have forgotten the exhortation which speaketh unto you as unto children, My son, despise not thou the chastening of the Lord, nor faint when thou art rebuked of him: (6) For whom the Lord loveth he chasteneth, and scourgeth every son whom he receiveth. (7) If ye endure chastening, God dealeth with you as with sons … (10) Now no chastening for the present seemeth to be joyous, but grievous: nevertheless afterward it yieldeth the peaceable fruit of righteousness unto them which are exercised thereby.”

**3. He restoreth my soul and my body at death in to His eternal glory**

**I Corinthians 15:44, 51-54, 57** – “(44) It is sown a natural body; it is raised a spiritual body. There is a natural body, and there is a spiritual body … (51) Behold, I shew you a mystery; We shall not all sleep, but we shall all be changed, (52) In a moment, in the twinkling of an eye, at the last trump: for the trumpet shall sound, and the dead shall be raised incorruptible, and we shall be changed. (53) For this corruptible must put on incorruption, and this mortal must put on immortality. (54) So when this corruptible shall have put on incorruption, and this mortal shall have put on immortality, then shall be brought to pass the saying that is written, Death is swallowed up in victory … (57) But thanks be to God, which giveth us the victory through our Lord Jesus Christ.”

**4. Some wander and are never restored but are left far off from God**

**Jeremiah 14:10** – “Thus saith the LORD unto this people, **Thus have they loved to wander**, they have not refrained their feet**, therefore the LORD doth not accept them; he will now remember their iniquity, and visit their sin**s.”

**Jude 11-13** – “(11) Woe unto them! for they have gone in the way of Cain, and ran greedily after the error of Balaam for reward, and perished in the gainsaying of Core. (12) These are spots in your feasts of charity, when they feast with you, feeding themselves without fear: clouds they are without water, carried about of winds; trees whose fruit withereth, without fruit, twice dead, plucked up by the roots; (13) Raging waves of the sea, foaming out their own shame; wandering stars, to whom is reserved the blackness of darkness for ever.”