

WARM-UP

- Tell us about your ideal vacation experience.
- In your daily life, what are some things you do to feel properly rested?
- Tell about a time you were truly refreshed. How did it happen?

WORD *He restores my soul. He leads me in paths of righteousness for his name's sake.* **PSALM 23:3**

The first two verses of Psalm 23 talked about Jesus as our Good Shepherd and how He can give us true contentment. As we continue to look into Psalm 23, we can know more about the refreshing that God brings us and His purposes for it, and our perspective about our lives and situations will be renewed according to who He is. We will also know how we can experience this refreshment today.

1 | The Lord restores our souls.

He restores my soul. **PSALM 23:3**

In the Bible, “soul” referred not just to one’s spirit, but to a life-activating force. The word “soul” could also refer to the whole person, not only the inner being. When God restores our souls, it means that He brings healing and refreshing emotionally, psychologically, and spiritually. In Jesus, we can have a different sort of peace: *shalom*, which means wellness in our whole being. Our souls can find rest in God. How has your soul found rest in God even in stressful circumstances?

2 | The Lord leads us in the paths of righteousness.

He leads me in paths of righteousness . . . **PSALM 23:3**

What are the *paths of righteousness*? Shepherds continually guide sheep to paths of righteousness, or “right paths,” so that they are kept safe and will not fall off cliffs or into deep pits. In the Bible, righteousness means right standing. That means there is no sin or dirt staining anyone called righteous—and that is who we are in Christ. It doesn’t only mean right standing before God; it also means right standing before men. Jesus leads us in the paths of righteousness by making us more and more Christlike through His word and Spirit. What does Titus 2:11,12 teach us about righteousness?

As we follow our Shepherd's lead, our lives become a testimony of who the Lord is.

He restores my soul. He leads me in paths of righteousness for his name's sake. **PSALM 23:3**

This verse gives us a glimpse into why God restores our souls and leads us in paths of righteousness. It is not only for our sakes, but ultimately for the sake of His name. We enjoy such blessings from God so that through us, His name will be glorified. He is the only being who truly deserves glory. The way God guides us is a reflection of who He is, so that others around us may see Him as a Shepherd as well. The provision, peace, and protection that God gives us as our shepherd are ultimately not for our sake, but for the glory of His name. How can we extend the blessings of God to others?

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APPLICATION

- God restores our souls and leads us in paths of righteousness. If you have not yet experienced this refreshing, ask someone to pray with you today.
- Above all, we are refreshed and made righteous for the sake of God's name, not our own. Do your actions today give glory to God? Think of ways in which your actions, thoughts, and words can give glory to Him.
- What are some ways that you can help others find rest in God? Name someone that you can help refresh and encourage today.

