

## **REFRESH SERIES (3)**

### **A REFRESHED SOUL**

#### **Message Notes**

#### **Psalm 23**

The key refresh scripture is:

*Key Verse:*

*Psalm 23:3 – "He refreshes my soul. He guides me along the right paths for his name's sake."*

"Refresh" in Greek is "shuwb" - meaning to return, to bring back, to restore, refresh or repair.

It implies that there is an original state of being that God intended for his people to be in and He is at work at restoring.

The original state is a picture of wholeness. That's wholeness in all levels - physically, emotionally and spiritually.

The picture of wholeness was there in the garden of Eden prior to sin entering. Ever since God is at work leading his people to restoration.

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## **Let Him Lead**

*Verse 1 - "The Lord is my Shepherd ..."*

The Lord is a shepherd. That means He leads, we follow.

Read John 10:11-13

Jesus is a good shepherd. He is committed, loyal, He will care for you at all times, He won't abandon you when tough times come. He is not a hired hand doing this for money, he has layed down his life for you and is committed to love you.

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## **Let Him Provide**

*Verse 1: "I shall not want ..."*

This is a statement of trust. This is inferring if I trust that the Lord is my shepherd, then I trust that he looks after me with great care and that means we have to trust that He knows what we need.

If we don't trust God will provide then anxiety and striving can easily slip into our life. A refreshed life is not an anxious life.

*Psalm 34:9-10 – "Fear the Lord, you his saints, for those who fear him lack nothing. The lions may grow weak and hungry, but those who seek the Lord lack no good thing."*

*Proverbs 15:16 – "Better a little with the fear of the Lord than great wealth with turmoil."*

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## **Let Him Put Us To Bed**

*Verse 2 ... "He makes me lie down in green pastures".*

The benefits of sleep are numerous; it's the time that the brain actually cleans out the build up of brain junk. Our brains get detoxified during sleep.

Sometimes a lie down is the best way to refresh our perspective of a situation.

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## **Let Him Quiet the Storms**

*Verse 2 – "... He leads me beside quiet waters."*

Storms are full of noise, lots of contrary winds and it can be hard to hear.

God wants to lead us to refreshing streams, not stagnant pools or choppy seas. He leads us to stillness so that we can know that He is God.

*Ps 36:8 – "They feast on the abundance of your house; you give them drink from your river of delights."*

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## **Let Him Restore**

*Verse 2 ... "He refreshes my soul".*

God's objective is always to restore our inner being, but we actually have to allow the restoration process.

Read Mark 3:1-5

Jesus was angry with those that wouldn't allow Him to heal due to their hardness of heart.

Hardness is described like a callous. A callous is developed because of a cause of friction.

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### **Let Him Take You 'Through' Hard Times**

*Verse 4 – Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me ...*

The key word in this Scripture is "You". It can be through these dark valleys that we can experience a closer relationship to God if we let Him.

Tough times are never easy, but despite what we see they are growing times.

*Ps 30: 5 - ... "weeping may stay for the night, but rejoicing comes in the morning."*

*Reference: Listen to Ps Rob's Strength to strength" message in 2012*

*Ps 84:6 – "When they walk through the Valley of Weeping, it will become a place of refreshing springs. The autumn rains will clothe it with blessings." (NLT)*

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### **Let Him Show You The Table**

*Verse 5 – You prepare a table before me in the presence of my enemies*

Right in the midst when life comes against you God sets a table.

In order to be refreshed we need to let Him guide us to the table that he has prepared and we need to choose to sit and partake.

## CONCLUSION

When we choose to let God to lead us we will see the fruition of the last verses of this Psalm ...

*"You anoint my head with oil; my cup overflows. Surely goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever."*

He will refresh your soul, the question remains will we let Him?

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