**He Restores My Soul**

**Psalm 23**

**Week 3**

**Daily Time With Truth**

As you read these daily scriptures, ask yourself these three questions:

1. What is God saying to me?
2. What do I want to say to God in response?
3. How will I live out this truth?

**Day 1: Psalm 143:4-6 (GNT)**

So, I am ready to give up; I am in deep despair. I remember the days gone by; I think about all that you have done, I bring to mind all your deeds. I lift up my hands to you in prayer; like dry ground my soul is thirsty for you.

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**Day 2: Psalm 13:2-3 (TPT**

How much longer must I cling to this constant grief? I’ve endured this shaking of my soul. So how much longer will my enemy have the upper hand? Take a good look at me, Yahweh, my God, and answer me! Breathe your life into my spirit. Bring light to my eyes in this pitch-black darkness or I will sleep the sleep of death.

**Day 3: Hebrews 10:35-36 (NLT)**

So do not throw away this confident trust in the Lord. Remember the great reward it brings you! Patient endurance is what you need now, so that you will continue to do God’s will. Then you will receive all that he has promised.

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**Day 4: 2 Corinthians 1:10-11 (TPT)**

He has rescued us from terrifying encounters with death. And now we fasten our hopes on him to continue to deliver us from death yet again, as you labor together with us through prayer. *Because there are so many interceding for us*, our deliverance will cause even more people to give thanks to God. What a gracious gift of mercy surrounds us because of your prayers!

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**Day 5: Psalm 147:3 (TPT)**

He heals the wounds of every shattered heart.

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**Discussion Questions:**

1. Read Psalm 23. We will be looking at verses 5-6 today. “The marks of Satan’s presence are anxiety, guilt, and fear—all based on the lie that God either will not or cannot do anything about our condition; that our sin, our suffering, our inadequacy, our destiny—all are beyond His control or beyond His care. Satan’s subtle craft is to make us suspicious of God: ‘He is holding out on you,’ he whispers in our ears. That’s the devil’s fundamental deception. His one purpose is to draw us away from God’s love. He does so not because he hates us, but because he hates God and will do anything to break His heart, and nothing breaks God’s heart more than being separated from those He loves.” (*The Song of a Passionate Heart Psalm 23*) How much of a role do you think the devil’s lies and schemes play in driving a person to the edge of despair until they believe suicide is the only way out? Have you experienced this or witnessed this in someone else’s life?

2. “Doubts come and go, but we need not be dismayed by them. Doubt is not at first a sign that our faith has failed but that it’s being assailed. When doubts come we should counter by reminding ourselves of their source and that what the devil says about God is not true—Satan is a liar. Then we can renew our minds and strengthen our hearts with the truth that God is the God ‘who does not lie’ (Titus 1:2). He is Eternal; Good and He is working for our good.” *(The Song of a Passionate Heart Psalm 23*). Verse 5 says that God prepares a table in the presence of my enemies. How does God provide protection, like that of a Near Eastern host, who would protect his guests at all costs even when they dined in the midst of enemies that lied and schemed and attacked? Is it possible to enjoy a feast prepared by God even when the enemy is present? How have you experienced this?

3. Have you ever lost someone to suicide? “The grief can be intense: Shock, Anger, Guilt, Despair, Confusion, Feelings of rejection. You might continue to experience intense reactions during the weeks and months after your loved one's suicide — including nightmares, flashbacks, difficulty concentrating, social withdrawal and loss of interest in usual activities — especially if you witnessed or discovered the suicide.” (<https://www.mayoclinic.org/healthy-lifestyle/end-of-life/in-depth/suicide/art-20044900>) Share your experience and what tools you found helped you the most.

4. The battle is in the mind. Romans 12:2 tells us to renew our minds; to gain God’s perspective.

Carolyn Leaf is a Neuroscientist who speaks a lot about how you can change your brain. “It is perfectly human to feel depression or anxiety in response to something like COVID[-19. But what you can do is learn to manage your emotional reactions so that you can actually think clearly. I’m talking about in the moment-by-moment, how do I live with myself when I’ve got this grief or this depression or this anxiety or this worry about these circumstances. And it’s a process of embracing it, as opposed to running from it, giving yourself permission to feel. It’s okay to feel depression because of this or okay to feel anxiety because of this. And then trying to, going through the process of processing this and reconceptualizing it. Seeing it in a different way in order to bring clarity to your mind and your brain. Seeing those emotions as helpful messages, and then processing [them] in order to see [them] in a different way so you can bring clarity of thought, to find out what is the different way that I should be looking at the situation. (<https://chriskresser.com/rewiring-the-brain-through-neuroplasticity-with-dr-caroline-leaf/>) Do you monitor your thoughts or do you let them run wild? Do you ask God to help you see from His perspective through His Word, Holy Spirit, Christian friends or counsellors? Has it made a difference? Share your experiences.

5. Read verse 6 again. This life is short compared to eternity. What does it mean to you to have an eternal perspective and how does that help you cope during the hard times?

6. What was most meaningful for you that was shared this week in the interviews Pastor Bob had on Sunday?