



## Restore

Psalm 23:3 |

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### RELATED SCRIPTURES

Proverbs 18:14 | Psalm 19:7 | Jeremiah 23:29 | Colossians 3:16-17 | Eph. 5:18-20

### SUMMARY

The late David Powlison described restoration (or what Christians have called “sanctification”) as “God meeting us with his promises” in the midst of our ordinary, everyday lives.

Restoration assumes that something is not as it should be. We need to be restored on a daily basis because we break down, we get distracted and lose interest in God, or we simply become overwhelmed with the thousand different little things life throws our way. This is just part of what it means to be human after the Fall (Gen. 3:1-24).

In the sermon, Fred talked about *how God works restoration in us* through what Christians have called “ordinary means of grace”: his by Word and Spirit working together, through prayer (we pray to the Father through the Son and by the Spirit), and through God’s people who give us wise counsel from God’s Word. He also shared a process for *how to experience restoration through God’s Word*:

**Observe the Scripture** | write with your pen (or preferably a quality pencil) and paper

**Examine Your Thoughts** | be quiet, still, and reflect on what stands out to you.

**Confess/Repent** | tell God what he already knows: your sin. Ask him to forgive you.

**Trust** | trust that God will actually use what you’ve read, meditated on.

**Apply** | take what you’ve heard and listen for what God wants you to do.

**Speak** | share what you are discovering with someone

**Pray** | ask God to use this passage to restore/reorder

**Take It With You** | put it on a note card, a scrap of paper (or a laminated, an evenly proportioned one for those with OCD tendencies)

### GROUP QUESTIONS

- From the sermon, or your direct reading of Psalm 23, share something that surprises, encourages, or troubles you about how God restores our souls?
- Jeremiah 23:29 describes God’s word as a hammer that breaks up in us what resists God’s Word and Spirit and reorders it into the good order God created us to enjoy. But that doesn’t mean it’s comfortable or even easy. How would you describe the way that God works by His Word and Spirit in your life?
- Spend some time together reading Lamentations 3:21-23 + Deuteronomy 32:10-12. Use the process that Fred described. How do you suppose God means to bring restoration to your life through these passages?
- If there’s one thing Jesus would want you to walk away believing and receiving as a result of these portions of Scripture, what is that thing?