

## He Restores My Soul

Ponder: Help when you're down

Scripture: "He restores my soul" (Psalm 23:3, NKJV)

Trials and temptations characterize human life, and King David was not exempt. Fortunately, neither David nor we have to endure life's difficulties alone. Among the things God did for him as his shepherd was the restoring of David's soul.

In context, this most likely refers to the refreshing deliverance David received from God during times of conflict with his enemies. That fits right in with things like green pastures, still waters, and a table prepared in the presence of his enemies (23:2, 5)

David certainly knew his share of conflict! From brothers who criticized him, to foreign enemies on the battle field, to King Saul who chased him like an animal, to his own son who would have murdered him to take his throne, life was not always kind to David. In Psalm 35:17 (KJV), he pleaded with the Lord to "rescue my soul from their destructions" "Rescue" is the same Hebrew word as "restore" in 19:3. Deliverance and protection from his enemies, then, would constitute the restoring of David's soul.

Sometimes, however, David was his own worst enemy. (Let's be honest, so are all of us!) Even this man after God's own heart (see Acts 13:22) could fall into horrific sin. When he blundered, David knew where to turn for restoration: "The law of the Lord is perfect, converting the soul" (Psalm 19:7). "Converting" is the same Hebrew word as "restores" in 23:3. We could just as accurately read, "restoring the soul." By turning to God and His word, David found forgiveness and restoration.

Do you ever feel as though life is caving in on you? Remember, the Lord is your shepherd. Ask Him to deliver you and refresh your weary soul! Then trust Him to answer when and how He sees is best.

Like David, you will sin. Sin is serious! It disrupts your fellowship with God. When you repent and turn to God as directed in His word, He will restore your soul.