

God's Promise of Healing: *He Restoreth My Soul*

Even though God is our Great Shepherd and provides for us, from time to time we still need our souls restored. Our humanity takes us places we should never go. It causes us to say things, do things, get involved in things which make us frustrated and depressed. We react badly to the "little things" of life which seem to nag at us, and then we feel defeated. Even David had feelings of bitterness and hopelessness, "Why art thou cast down, O my soul? And why art thou disquieted within me?" *Psalms 42:11*

It is at these times we are the most vulnerable to predators and to the temptations of this world.

Study Questions – *begin with prayer and ask God to open your heart and mind. Be honest with yourself and with God. There are no right or wrong answers.*

1. Tell of a recent bout of despair, frustration, or hopelessness you experienced.
2. How did you try to fight these feelings?
3. What were the results?
4. What predators assail you when you are in this frame of mind and how do they attack?
5. How were you "restored"?

He is the Great Shepherd - Week Five

Mission Valley Christian Fellowship

Spring 2007 Women's Study

with Sandra Giovinetti

6. How did you feel when all was well again? To whom or what do you give the credit for this restoration?

7. What did you learn or what resolutions did you make once you were restored?

8. Since that time, have you ever found yourself in the same situation or state of mind again?

9. How did you feel each time this happened?

10. What do you think God feels about you (or for you) when this happens?

11. Why? Give two scriptures which support your reason.

Read: Psalm 56:13 and 1 Corinthians 10:12

12. Have you ever settled for the "easy way out" of troubled times?

13. What was the long-term result of this short-cut?

Read: Luke 18:18-30

14. Have you ever thought, "I've got it made"?

15. How long did that feeling last and what made it go away?

Read: 1 Samuel 16:7, Mark 8:38, 1 Peter 3:3, 2 Corinthians 5:4

16. What are you clinging to from this world?

17. Why?

18. How does this serve the Lord?

19. What will you do to lay it at His feet?

Read: Psalm 149:6, Hebrews 4:12, and Revelation 1:16. Now read: Revelation 3:17 and Hebrews 12

20. If you don't lay it at His feet, how might the Lord choose to deal with you and this thing which you refuse to surrender to Him?

Read: 1 Corinthians 10:13

21. How will you give yourself to God this week, and trust Him to have your best interests at heart?