

HE RESTORETH MY SOUL

Psalm 23:1-6 ¶ A Psalm of David. The LORD *is* my shepherd; I shall not want. **2** He maketh me to lie down in green pastures: he leadeth me beside the still waters. **3** He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake. **4** Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou *art* with me; thy rod and thy staff they comfort me. **5** Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over. **6** Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the LORD for ever.

Psalm 51:12 Restore unto me the joy of thy salvation; and uphold me *with thy* free spirit.

Albert Barnes' Notes on the Bible He restoreth my soul - literally, "He causes my life to return." DeWette, "He quickens me," or causes me to live. The word soul" here means life, or spirit, and not the soul in the strict sense in which the term is now used. It refers to the spirit when exhausted, weary, or sad; and the meaning is, that God quickens or vivifies the spirit when thus exhausted. **The reference is not to the soul as wandering or backsliding from God, but to the life or spirit as exhausted, wearied, troubled, anxious, worn down with care and toil. the heart, thus exhausted, He re-animates. He brings back its vigor. He encourages it; excites it to new effort; fills it with new joy.**

THE DESIRE OF THE SOUL

PLEA Relationship, Fellowship

Psalm 63:1 ¶ A Psalm of David, when he was in the wilderness of Judah. O God, thou *art* my God; early will I seek thee: my soul thirsteth for thee, my flesh longeth for thee in a dry and thirsty land, where no water is;

Psalm 84:2 My soul longeth, yea, even fainteth for the courts of the LORD: my heart and my flesh crieth out for the living God.

THE DISILLUSION OF THE SOUL

Job 10:1 ¶ My soul is weary of my life; I will leave my complaint upon myself; I will speak in the bitterness of my soul.

Isaiah 1:14 Your new moons and your appointed feasts my soul hateth: they are a trouble unto me; I am weary to bear *them*.

Jeremiah 31:25 For I have satiated the weary soul, and I have replenished every sorrowful soul.

Weariness of life and its remedies: — There is a love of life which depends not upon ourselves at all, and which we cannot help feeling at all times. It is the pure instinct of our mortal nature. And life is well worthy of our estimation and care. And yet there is such a thing as weariness of life. Men may be ready to say, "My soul is weary of my life."

THE DISENCHANMENT OF THE SOUL

Numbers 11:4-6 ¶ And the mixt multitude that *was* among them fell a lusting: and the children of Israel also wept again, and said, Who shall give us flesh to eat? **5** We remember the fish, which we did eat in Egypt freely;

the cucumbers, and the melons, and the leeks, and the onions, and the garlick: 6 But now our soul *is* dried away: *there is* nothing at all, beside this manna, *before* our eyes.

THE RESTORATION OF THE SOUL AND THE WORD OF GOD-----

Biblical Illustrator [Psalm 23:3](#) Ver. 3. He restoreth my soul. — The restoration of the soul: — 1. It implies the quickening and invigoration of the soul in seasons of depression and exhaustion. A sheep may languish from internal weakness and disorder, and may need the application of medicinal restorations. So the soul may suffer from its inherent liabilities to weakness and weariness, and mistrust of God, and from its inability to rest calmly and in good faith upon the precious promises of His Word. At such times, He who has hitherto sustained us will act as a wise and good physician, and restore us to health and vigour.

Psalms 19:7 The law of the LORD is perfect, converting the soul: the testimony of the LORD is sure, making wise the simple.

Psalms 119:16-17 I will delight myself in thy statutes: I will not forget thy word. Deal bountifully with thy servant, that I may live, and keep thy word.

Psalms 119:50 This is my comfort in my affliction: for thy word hath quickened me.

Psalms 119:107 I am afflicted very much: quicken me, O LORD, according unto thy word.

Psalms 119:24 Thy testimonies also are my delight and my counsellors.

Psalms 119:93 I will never forget thy precepts: for with them thou hast quickened me.

Psalms 51:12 Restore unto me the joy of thy salvation; and uphold me with thy free spirit.

THE RESTORATION OF THE SOUL AND THE PEOPLE OF GOD-----

STEPHENAS-----1 Corinthians 16:17-18 I am glad of the coming of Stephanas and Fortunatus and Achaicus: for that which was lacking on your part they have supplied. For they have refreshed my spirit and yours: therefore acknowledge ye them that are such.

Onesiphorus ----2 Timothy 1:16 The Lord give mercy unto the house of Onesiphorus; for he oft refreshed me, and was not ashamed of my chain:

Philemon----Philemon 1:7 For we have great joy and consolation in thy love, because the bowels of the saints are refreshed by thee, brother.

David and Saul and the Harp---- 1 Samuel 16:23 And it came to pass, when the evil spirit from God was upon Saul, that David took an harp, and played with his hand: so Saul was refreshed, and was well, and the evil spirit departed from him.

David and Jonathan and the Pact---- 1 Samuel 18:1-4 And it came to pass, when he had made an end of speaking unto Saul, that the soul of Jonathan was knit with the soul of David, and Jonathan loved him as his own soul. And Saul took him that day, and would let him go no more home to his father's house. Then Jonathan and David made a covenant, because he loved him as his own soul. And Jonathan stripped himself of the robe that was upon him, and gave it to David, and his garments, even to his sword, and to his bow, and to his girdle.

David and Mephibosheth and the Table---- 2 Samuel 9:1 And David said, Is there yet any that is left of the house of Saul, that I may shew him kindness for Jonathan's sake?

HIS PEACE RESTORED—“ And David said unto him, Fear not: for I will surely shew thee kindness for Jonathan thy father's sake

HIS POSSESSIONS RESTORED—“ and will restore thee all the land of Saul thy father;”

HIS PLACE RESTORED—“ Mephibosheth thy master's son shall eat bread alway at my table”, “ and thou shalt eat bread at my table continually”

THE RESTORATION OF THE SOUL AND THE PLACE OF GOD-----

Psalms 23:6 Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the LORD forever.

Psalms 73:16-18 When I thought to know this, it was too painful for me; Until I went into the sanctuary of God; then

understood I their end. Surely thou didst set them in slippery places: thou castedst them down into destruction.

Psalms 27:13 I had fainted, unless I had believed to see the goodness of the LORD in the land of the living.

Psalms 26:8 LORD, I have loved the habitation of thy house, and the place where thine honour dwelleth.