

UNBREAK MY HEART!

Scripture used: Psalm 23:1-3 (NKJ)

OVERVIEW The big idea! - We Can Get Better!

Psalm 23 was a passage that was written by King David in the later half of his life. In David's life, he had years where, because of God's favor, he experienced abundance in leading the Israelites as their king. He brought the kingdom of Israel from ruin to what is referred to as the "golden age of Israel". However, there were many dark years; times where he literally reached the lowest point of despair. He had personal mentors who wanted to kill him, his best friend was killed, and even his children fought against each other and were killed. But it is here where David identifies himself as a sheep and God as his Shepherd. He shares how, in the midst of his despair to where his soul was utterly wounded, God led his soul through and to a place of restoration.

We are no different from David. We will ALWAYS face trials which will cause us pain. Difficult circumstances or poor decisions will lead us to paths of pain and suffering (like with the personal testimony of Michael Phelps). And these pains go far deeper than into the biology or psychology of our being. It penetrates and wounds our souls. It causes us to seek and search for solutions that will always fall short. What we need to discover is that God is the only one who can un-break our soul. He gives us the steps in order for us to find true healing from our pains

KEY POINTS

- 1) The soul best describes the totality of who we are! In Gen 2:7, it wasn't until God breathed life into us that we became living beings. Psalm 103:1 refers to our souls being our "innermost being". Our being is far more than the sum of our parts. It is our soul that holds us together. Because God is the one who breathed our souls into us, He is the only one who can restore our souls.
- 2) The soul can become: wounded / confused / lost / disconnected. The fact that God needs to "restore our souls" implies that our souls are not perfect and need refilling. But when the soul loses sight of its purpose, it tends to look for itself in other things. What we find when we try to fill our souls with meaningless things is a lost and disconnected soul, and these things will land us in the valleys of life. In Mark 8:36 (KJV), Jesus reminds us, "For what shall profit a man, if he shall gain the whole world, and lose his own soul?" The soul needs GRACE.
- 3) The soul can be restored when we:
 - o Stop to rest. God gives us the first key to restoration. When the world tells us to press on and keep moving forward, God tells us to STOP and rest in green meadows. This allows us to...
 - o Reflect to discern and discover. We need to search our souls and see what we have been filling them with.
 - o Expose our hurts and questions. We have to diagnose these to get proper healing.
 - o Connect with God's purpose and love. Anytime we break a bone, if it is set properly, not only will it heal, but it will be stronger than it was before. When we connect with God's purpose in our lives, our broken souls heal properly and get restored so that we will be stronger than before to fulfill God's purpose and plan in our lives!

DISCUSSION

- 1) **HEAR** - As we take the time to reflect upon our lives right now, are you able to identify times in your life where you found your soul to be wounded, confused, lost, or disconnected? What was it that provided restoration, if any?
- 2) **UNDERSTAND** - Silicon Valley is notorious for being a place that encourages the drive to success and ambition. Even in the home or at school, there is pressure for us to fill our souls with focuses that force us to keep driving. What are the areas in your life where God is telling you to STOP and be still in green meadows?
- 3) **DO** - One of the best ways to experience green meadows is by taking time out and reading the word of God. Commit to setting aside 10-15 minutes each day and reading Psalms or your favorite devotional. Find your meadow, quiet your mind and focus on God's voice, and experience restoration of your soul! If you can, share what this experience has done for you this week.