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Overcoming Our Failures by Confession & Soul Restoration

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"The Lord is my Shepherd I shall not want. He makes me to lie down in green pastures. He leads me beside the still waters."



"He restores my soul." This phrase is the one we will look at today.

What does David mean in his 23rd Psalm when he says, God restores my soul?

Soul is *nehfesh* in Hebrew. It refers to the psychological part of a human being: the intellect, will, emotions, and subconscious. This is in contrast to the holiest part of man that is his spirit or *ruach* (Hebrew) when connected to God at salvation (1 Corinthians 6:17 *KJV*).

Why did David need restoration? Rabbis Radak and Hirsch point us to David's words in Psalm 26, "Examine me, Lord, and test me; scrutinize my intellect and my heart" (vs. 3,4, *Tehillim* text p. 63). God tested King David's unlawful desire for Bath-Sheba, and David failed.

David then regretted his presumptuous request and said: "You tested me – You found [me] not [perfect]; my scheming will not again pass my lips." (*Tehillim* commentary Psalms 17:3, p. 34)

WE ARE NOT IMMUNE

Why do God's people in this 21st century continue to need restoration? The Apostle Paul answers this, "For all have sinned, and come short of the glory of God" (Romans 3:23). The Apostle John says, "If we confess our sins, He (God) is faithful and

just to forgive us our sins, and to cleanse us from all unrighteousness" (1 John 1:9).

One may ask, "What is sin?"

In our example, King David's three sins were:

- **Adultery** – with Bath-Sheba,
- **Murder** – of her husband by putting him in the front lines on the battlefield, and

- **Coveting** – his neighbor's wife.

These were breaking the seventh, sixth, and tenth Commandments (Exodus 20:1-17).

The Prophet Isaiah describes sin this way: "All we like sheep have gone astray; we have turned everyone to his own way; and the Lord has laid on Him [Jesus Christ] the iniquity of us all" (53:6).

Jesus died for our sins and in our place. When we confess, repent, and receive Him, the sting has been taken out of our death. We will never die – spiritually.

RESTORATION

If we should "back-slide" as King David did, we will need soul restoration.

RESTORATION DEFINED

1. to bring back into existence, use, or the like; reestablish: to restore order.

2. to bring back to a state of health, soundness, or vigor.

3. to give back; make return or restitution of (anything taken away or lost) (www.Dictionary.com).

HOW ARE OUR SOULS RESTORED?

By studying and applying the Ten Commandments (Exodus 20).

By studying the Bible – all 66 books (Ps.19:7).

By daily devotions like "Forward Day By Day" or online studies.

By repenting when you know you've sinned (1 John 1:9).

By practicing the Omnipresence of God (Psalm 139).

By receiving Soul Healing Prayer (www.EmotionallyFree.org).

By receiving Holy Communion as Jesus commanded (Luke 22:19,20).

By studying and praying The Lord's Prayer - forgiving (Matthew 6:6-13).

By working with a faith based, qualified counselor.

By helping those less fortunate than you (Matthew 25:40).

How could God say of David, "The LORD has sought Him a man after His own heart, and the LORD has commanded him to be captain over His people." (1 Samuel 13:14b)

The reason is that King David was living a righteous life until his great temptation as described. When Nathan the prophet challenged David's behavior, he truly repented from his sins and thereafter walked in God's ways (2 Samuel 12:1-23, Psalm 25:1-13).

I visited Jerusalem in 1996 and found that King David's tomb, located on Mount Zion, is honored to this day! When God forgives, it is permanent.

How we live our life at its ending is even more important than at its beginning. *Selah* (think on these things).

(Join me for the 5th "Psalm 23 Series" next time.)

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