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*How To Have A Life You Can Live With Series, Part 4*  
Will Mackey – November 14, 2010

## **How God Restores A Soul!** **(Psalm 23: 1-3a)**

### Quick Review:

My soul can begin to heal and be strengthened when

- I recognize I have a soul.
- I realize the patterns of this world injure my soul.
- I realize only the Lord can restore my soul.
- I find my identity/security/purpose in Christ.
- I learn to rely on Christ's leadership.

### Today's Study:

1. My soul can begin to heal and be strengthened when I learn to trust my Shepherd with my needs.

*"The Lord is my shepherd; I shall not be in want." (1)*

2. My soul can begin to heal and be strengthened when I regularly allow it to rest, refocus and be renewed.

*"He makes me lie down in green pastures, he leads me beside quiet waters, he restores my soul." (2-3a)*