

My Physician: He Restores My Soul

Week Six

I. “Cast down” and restoration – Ps 42:5

A. What is “cast down” –

B. How does the shepherd “restore”? –

II. How did you get here? – I Thess 5:6

A. “soft spots” –

David – II Sam 11:1–5

1. Luke 8:14

Heb 5:11–14

2. A change of scenery –

Heb 5:7-8

Heb 12:2-3

B. “Cut or Trim”? –

1. Matt 13:1-8, 18-23

2. Shearing – Luke 9:23-26, 14:27

C. “Not-so-pleasantly-Plump”? – Hosea 13:5-7

1. Jas 5:5

Deut 8:11-14, 17-20

2. Prov 3:5-7, 16:5, 26:12

3. “Jenny Craig” – Prov 18:12, Dan 4:26

III. Discipline and Restoration

A. Discipline – II Co 7:10

1. God “casts down” – Ps 73:18

2. Discipline has a purpose – Heb 12:4-11

B. Restoration – Deut 32:39, 2 Chr 25:8

1. At the feet of Jesus – Matt 15:30

2. After humbling – Dan 4:30-37

3. Things restored:

*strength – I Pe 5:9-11

*comfort – Is 57:18

*service – Jer 15:19

*fellowship with God – Lam 5:21

*steadfast spirit – Ps 51:10

*joy of salvation – Ps 51:12

2 Corinthians 4:16-18 (New International Version)

¹⁶Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. ¹⁷For our light and momentary troubles are achieving for us an eternal glory that far