

outweighs them all. <sup>18</sup>So we fix our eyes not on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal.

## Physician: He Restores My Soul Workbook

### Day One

#### 1. Read and Journal

Ps 42

Ps 51

In your own words, describe what David is speaking of when he is “cast down”. \_\_\_\_\_

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Specifically write about a time you have been “cast down”. \_\_\_\_\_

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2. In your own words, describe how David found restoration. \_\_\_\_\_

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Specifically, how have you experienced restoration?

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3. What specific steps does David say he took to experience restoration? \_\_\_\_\_

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How could each be applied to your personal circumstances?

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4. Read and journal

Job 33:26

Is 57:18

Heb 2:17-18, 4:14-16

How does the shepherd deal with the “cast down”?

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5. What do these passages teach us about the Shepherd?

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The sheep? \_\_\_\_\_

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Write a prayer thanking God for restoration. Confess anything that has you “cast down”. Ask Him to show you how to apply His Word to your life to experience His restoration.

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## Day Two

### 1. Read and journal

Deut 4:9                  Mark 13:33                  Eph 6:18    I Thess 5:6  
I Co 3:1                  I Pe 5:8                  Luke 8:14    Heb 5:14

We have tendencies as sheep that make us vulnerable to being “cast down”. Based on the passages above, what makes us vulnerable to being “cast down”? \_\_\_\_\_

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Would you describe yourself as “alert”? What areas of your life do you need to be more “alert”? \_\_\_\_\_

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### 2. Read and journal

Matt 10:37–39, 16:24

Mark 8:34

Luke 9:23

“Cast down” sheep often find themselves in this condition because they have laid down in low areas and stretched out to sleep.

What are we CALLED to do? \_\_\_\_\_

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### 3. Read and journal

Heb 6:11-12

Write about a time you laid down and looked for the easy way out

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Were you tempted? Cast down? Required restoration?

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4. Read and journal

Prov 25:28	Gal 5:22-24	I Thess 5:8
Titus 2:12	I Pe 1:13,4:7	2 Pe 1:6

Which of the passages above ministers to you personally? Why?

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Write a prayer thanking God for always watching over us, even when we are “cast down”. Ask God to show you areas in which you need to be more alert and self-disciplined. Ask Him to show you how to apply His Word in these areas. \_\_\_\_\_

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## Day Three

1. Read and journal  
Eph 4:21-32

List the things that represent/indicate the “old self”.\_\_\_\_\_

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Tolerating sin in our life makes us vulnerable to being “cast down  
What (specific to you personally) is this passage saying?

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2. Read and journal  
Matt 13:1-8, 18-23

Which seed would you consider yourself to be?\_\_\_\_\_

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Look specifically at v.22, is there any area of your life in which

the “worries of the world” have choked off your fruitfulness?

(Once again, be specific)\_\_\_\_\_

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3. Whatever is choking off fruitfulness or weighing us down must be pruned or sheared. Write about any area of your life in which God is pruning/shearing you.\_\_\_\_\_

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4. Read and journal

Col 3:1-15

Ro 6:15-23

The sheep are clearly called to lay down self and worldly concerns to follow the shepherd. Write down what the Holy Spirit is saying to you through this passage.\_\_\_\_\_

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Write a prayer specifically confessing any worldly concerns or cares that you are carrying. Thank Him for loving you enough to prune/shear you for your own protection. Ask God for the grace to obediently submit to His work in your life.

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## Day Four

### 1. Read and journal

Deut 8:11-14, 17-20

Jas 5:5

Prov 23:4

I Ti 6:3-10

Eze 28:5

What warning do you see here that could cause you to be “cast down”? \_\_\_\_\_

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### 2. Read and journal

Prov 3:5-7, 26:12, 28:26

Job 11:12

Jas 4:13-17

What warning do you see here that could cause you to be “cast down”? \_\_\_\_\_

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3. Self-reliance, pride, can easily cause you be “cast down”.

Read and journal

Prov 3:34, 16:5, 18:12      Eze 7:20, 28:17

Ps 31:23      Hosea 13:5-7

Prayerfully seek out any area(s) of your life the Holy Spirit is revealing to you. Write down anything you are convicted about.

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Write a prayer thanking God for the gift of the Holy Spirit and the power of His Word. Ask for clear direction in identifying and submitting any area of your life in which pride/self-reliance have developed.

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## Day Five

### 1. Read and journal

2 Chr 25:8

Ps 36:12, 73:18, 102:10

WHO "casts down"? \_\_\_\_\_

### 2. Read and journal

Jer 31:18

Heb 12:4-11

What is the purpose of divine discipline? \_\_\_\_\_

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Write about a time you have experienced divine discipline.

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3. Read and journal

Deut 32:39

Is 19:22, 57:18

Ps 37:24, 147:3

Hosea 6:1

Job 22:23

WHO restores? \_\_\_\_\_

Write about a time God has restored you. \_\_\_\_\_

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4. Read and journal

Ps 51

Dan 4:30–37

What took place in these hearts before restoration came?

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Write a prayer thanking and praising God for the gifts of discipline and restoration. Ask Him to show you any areas of your life that may lead to or may be a cause of discipline. Acknowledge and submit to God's wisdom and discipline.

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