

¹The Lord is my Shepherd, I lack nothing.
²He makes me lie down in green pastures, he
leads me beside quiet waters, ³he refreshes
my soul. He guides me along the right paths
for his name's sake. ⁴Even though I walk
through the darkest valley, I will fear no evil,
for you are with me; your rod and your staff,
they comfort me.

Psalm 23:1-4 (NIV)

REST

³He restores my soul. He leads me in paths of righteousness for his name's sake. ⁴Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me.

Psalms 23:3-4 (ESV)

REST

³He refreshes and restores my life (my self);
He leads me in the paths of righteousness
[uprightness and right standing with Him—not
for my earning it, but] for His name's sake. ⁴Yes,
though I walk through the [deep, sunless] valley
of the shadow of death, I will fear or dread no
evil, for You are with me; Your rod [to protect]
and Your staff [to guide], they comfort me.

Psalms 23:3-4 (AMP)

REST

REST IN HIS PROCESS



Process: To put through the steps of a prescribed procedure.

REST

In God's Process:

1. He Restores Us
2. He Leads Us
3. He Comforts Us

REST

He Restores Us

...He **restores** my soul.

Psalm 23:3 (ESV)

REST

He Restores Us

"He restoreth my soul." When the soul grows sorrowful He revives it; when it is sinful, He sanctifies it; when it is weak, He strengthens it. **He** does it. His ministers could not do it if He did not."

– Charles Spurgeon

REST

He Restores Us

Restores: to return or renew the inner self that thinks and feels, wills and desires.

REST

He Restores Us

God's presence restores us, bringing tears of assurance, cleansing, and healing.

REST

He Leads Us

He **leads** me along the right paths for His name's sake.

Psalm 23:3 (ESV)

REST

He Leads Us

Your path led through the sea, your way through the mighty waters, though your footprints were not seen.

Psalm 77:19 (NIV)

REST

He Leads Us

⁶Paul and his companions traveled throughout the region of Phrygia and Galatia, having been kept by the Holy Spirit from preaching the word in the province of Asia. ⁷When they came to the border of Mysia, they tried to enter Bithynia, but the Spirit of Jesus would not allow them to. ⁸So they passed by Mysia and went down to Troas.

Acts 16:6-10 (NIV)

REST

He Leads Us

⁹During the night Paul had a vision of a man of Macedonia standing and begging him, “Come over to Macedonia and help us.” ¹⁰After Paul had seen the vision, we got ready at once to leave for Macedonia, concluding that God had called us to preach the gospel to them.

Acts 16:6-10 (NIV)

REST

He Comforts Us

Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they **comfort** me.

Psalm 23:4

REST

He Comforts Us

Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.

2 Corinthians 1:3-4

REST

He Comforts Us

The work of the Holy Spirit is to make us new, strong, and dependent on Jesus.

REST