Psalm 23:1-3 (NIV) The Lord is my shepherd, I shall not be in want. He makes me lie down in green pastures, he leads me beside quiet waters, he restores my soul.

1. We all need to be ________________.

2. The Lord is a ________________.

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How does the Lord restore us? Through:

- A relationship with His Son, Jesus Christ.
  1 John 5:12 (NLT) So whoever has God’s Son has life; whoever does not have his Son does not have life.

- His Word.
  Psalm 107:20 (NIV) He sent forth his word and healed them; he rescued them from the grave.
  Acts 20:32 (Msg) Now I’m turning you over to God, our marvelous God whose gracious Word can make you into what he wants you to be and give you everything you could possibly need in this community of holy friends.

- His Spirit.
  Luke 4:18-19 (NLT) The Spirit of the Lord is upon me, for he has appointed me to preach Good News to the poor. He has sent me to proclaim that captives will be released, that the blind will see, that the downtrodden will be freed from their oppressors, and that the time of the Lord’s favor has come.
• His people.

Galatians 6:1 (NIV) Brothers, if someone is caught in a sin, you who are spiritual should restore him gently. But watch yourself, or you also may be tempted.

3. To be restored, we must _____________________ in the _______________.

Here are 7 requirements for restoration:

• Want to be restored.
• Believe that God wants to restore you.
• Stay planted in a place where God can work on you.
• Be prepared to let go of your pain.
• Hang out with healthy people.
• Follow God’s instructions.
• Be patient in the process.