

PEACE IN / PEACE OUT

LESSON 3 // PUTTING THE PIECES BACK TOGETHER

Big Idea: Psalm 23 is a wonderful portrait of the Good Shepherd who cares for the sheep of His fold. One of the things David tells us about the Good Shepherd is that He restores His sheep—“...he restores my soul” (verse 3).

God's restoration frees us from stress and we all need this kind of restoration. Each of us has had experiences in life that have left us broken, dejected, dispirited and depleted. To get rid of stress, we must allow the Lord to put back together the broken pieces of our lives. Only then will we be ready to function at full strength.

The Lord restores you through His Son, His Spirit and His people, but you need to participate in the process. You must want to be restored and believe that God wants to restore you. It's important to stay planted in a place where God can work on you and be prepared to let go of your pain. You also need to hang out with healthy people, follow God's instructions and be patient in the process.

Psalm 23:1-3 (NIV) *The Lord is my shepherd, I shall not be in want. ² He makes me lie down in green pastures, he leads me beside quiet waters, ³ he restores my soul.*

Start Talking:

- What's your current, go-to way of relaxing?
- Once social distancing ends, what's the first thing you'd like to do?

Start Thinking:

- In Psalm 23, David describes God as the Shepherd that restores his soul. What are some conditions that put us in a position of needing restoration? Why do you think we tend to need continual restoration?
- This week Pastor Dale shared “**The Lord is a restorer.**” What do you think this means? What area of life are you sensing that God wants to restore in you?
- **Read 1 John 5:12, Psalm 107:20. Luke 4:18-19 & Galatians 6:1.** What resources does God use to restore us? (*Resources include His Son, His Word, His Spirit, and His people.*)
- God uses different resources to address our brokenness. In this current season, which resource(s) do you think God wants you to lean into more? Why?
- To be restored by God we must participate in the process. Why is it important that we are active participants? What practical steps can you take this week to remain active in that process of restoration?

Start Praying:

Pray with (and for) your group. Feel free to pray for the areas of restoration that people shared earlier in the discussion. Ask God to give you strength, courage, and wisdom during this challenging time.

Start Doing:

- Attend church online this coming weekend - <https://church-redeemer.churchonline.org>. If possible host a watch party over Facebook and be part of service with your group.
- Reach out to a family member or friend and ask if there is a way that you can safely help them this week. Be available to encourage and pray with anyone you connect with.