

# Soul Restoration

*“A Reason to Hope Again”  
Selected Scriptures*

## 1. THE SOUL IS \_\_\_\_\_

### A. The soul is the core of who we are.

Psalm 139:13-14(ESV)-For you formed my inward parts; you knitted me together in my mother’s womb. I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well.

### B. The soul is eternal.

Ecclesiastes 12:7 (ESV) ...and the dust returns to the earth as it was, and the spirit returns to God who gave it.

### C. Nothing we possess is as valuable as the soul.

Matthew 16:26 (ESV)-For what will it profit a man if he gains the whole world and forfeits his soul? Or what shall a man give in return for his soul?

### D. The soul must be cared for.

Deuteronomy 4:9 (ESV)-Only take care and keep your soul diligently, lest you forget the things that your eyes have seen, and lest they depart from your heart all the days of your life.

## 2. THE SOUL CAN BE \_\_\_\_\_

### A. Through words

Judges 16:16 (ESV)-And when she pressed him hard with her words day after day, and urged him, his soul was vexed to death.

### B. Through circumstance

I Samuel 1:15 (ESV)-But Hannah answered, “No, my lord, I am a woman troubled in spirit. I have drunk neither wine nor strong drink, but I have been pouring out my soul before the Lord.

### C. Through sin

I Peter 2:11 (ESV)-Beloved, I urge you as sojourners and exiles to abstain from the passions of the flesh, which wage war against your soul.

## 3. THE SOUL CAN BE \_\_\_\_\_

### A. By the Lord

Psalm 23:1-3 (ESV)-The Lord is my Shepherd; I shall not want. He makes me lie down in green pastures. He leads me beside still waters. He restores my soul. He leads me in paths of righteousness for his name’s sake.

### i. Through People

Proverbs 16:24 (ESV)-Gracious words are like a honeycomb, sweetness to the soul and health to the body.

### ii. Through Circumstances

I Kings 1:29 (ESV)- And the king swore, saying, “As the LORD lives, who has redeemed my soul out of every adversity...”

### iii. Through His Word

Psalm 19:7 (ESV)-The law of the LORD is perfect, reviving the soul; the testimony of the LORD is sure, making wise the simple;

## WHAT THIS MEANS FOR US

### A. We must be aware of the condition of our own soul.

Psalm 42:11 (ESV)- Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God.

### B. We must trust God with the restoration of our own soul.

Psalm 107:9 (ESV) For he satisfies the longing soul, and the hungry soul he fills with good things.

Psalm 57:1 (ESV) Be merciful to me, O God, be merciful to me, for in you my soul takes refuge; in the shadow of your wings I will take refuge, till the storms of destruction pass by.

Lamentations 3:25 (ESV)-The Lord is good to those who wait for him, to the soul who seeks him.

### C. We must seek the restoration of the souls of others.

Psalm 94:19 (ESV) When the cares of my heart are many, your consolations cheer my soul.

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