



PSALM 23 WEEK 2

ENGAGE YOUR SOUL (YOUR MIND, WILL AND EMOTIONS) IN THE FOLLOWING EXERCISES THIS WEEK

Our focus this week for our workout in Psalm 23 will be verse 3.

1. Warm up... READ and COPY READ Psalm 23 and COPY Psalm 23 in your journal.

***Exercise Note** The following three exercises will focus on the first 2 parts of Psalm 23:3, *“He restores my soul; He guides me in paths of righteousness...”* As mentioned often in this study, our soul is comprised of our mind, our will and our emotions. Living in a sinful world, each part of our soul becomes marred and broken in various ways. But God’s desire is to *“restore my soul”* by *“guiding me into paths of righteousness.”* This restoration literally means to ‘bring back to the original.’ So here in verse 3 the Psalmist is conveying that God’s good work in our lives as our Shepherd includes restoring our minds, wills and emotions back to the design and activity for which He originally created them. And He does that by *“guiding us into paths of righteousness.”* When we think about it, verse 3 could literally be the theme verse for Soul Pilates, because Soul Pilates is all about getting our souls healthy and strong as He guides us in His righteous Word. Against the backdrop of all of this understanding, carefully complete the following three exercises in this workout.

2. Restoration to Righteousness Part 1 – Your Mind

Ask the Holy Spirit to reveal:

- how sin has marred your mind. Journal your thoughts.
- how the Lord has already brought restoration to your mind. Journal your thoughts.
- areas in your thinking that still need restoration. Journal your thoughts.
- paths of righteousness that He would like to lead your mind into. Journal your thoughts.

Write out a prayer to the Lord based on your findings as you conclude this part of your workout.

3. Restoration to Righteousness Part 2 – Your Will

Ask the Holy Spirit to reveal:

- how sin has brought destruction to and through your will. Journal your thoughts.
- how the Lord has already brought restoration to your will. Journal your thoughts.
- areas in your will that still need restoration. Journal your thoughts.
- paths of righteousness that He would like to lead your will into. Journal your thoughts.

Write out a prayer to the Lord based on your findings as you conclude this part of your workout.

4. Restoration to Righteousness Part 3 – Your Emotions

Ask the Holy Spirit to reveal:

- how sin has brought brokenness in your emotions. Journal your thoughts.
- how the Lord has already brought restoration to your emotions. Journal your thoughts.
- areas in your emotions that need restoration. Journal your thoughts.
- paths of righteousness that He would like to lead your mind into. Journal your thoughts.

Write out a prayer to the Lord based on your findings as you conclude this part of your workout.

5. “For His Name’s Sake”

God’s character is attached to His name. As He shepherds our souls away from brokenness and guides them into righteousness it is like our lives become spokespersons for His name. Consider how His work in your soul does just that. And thank Him for the privilege of connecting your life to the holy character of His name!

6. Use the Scripture Prayer Image to pray Psalm 23:3 and the way that God wants to shepherd your soul.