

The Believer's Devine Caretaker

Psalm 23:3

He restores my soul.

Introduction: Being “cast down.”

I. The **root** causes of sheep being “cast down.”

- Too Comfortable - Too Woolly - Too Fat

Many are too comfortable; too woolly, that is have too much, and too fat. Now when all of life's goodies are taken away, like by the coronavirus is causing, can cause one not handle properly or is not satisfied with the current life situation, the following can occur in a life making someone ‘cast down.’ One may be being . . .

1. Depressed - Discouraged – Defeated - Discontented

“if-factor” – if I had, more money, better health, a satisfying job, etc. How do we avoid being “cast down?”

II. The **restoration process** of curing being “cast down.”

A. Begins by believing in the resurrection of Jesus.

- a. Without the resurrection, Christianity is just another religion filled with rituals and rules.
- b. The resurrection of Jesus is the heart of Christianity. Sin defeated; death overcome.
- c. Because Jesus lives, a person's heart now can be regenerated so that one will desire to repent of sin and to follow Jesus. This is the origin of a soul being restored. In the restoration of the soul, depression, discouragement, being defeated, or discontented can be overcome because now you have the following from the resurrection:
 1. Activity of the Holy Spirit in the believer's life – I Thess. 5:19 (don't quench), Eph.4:30 (don't grieve)
 2. Alive Scripture -Psalm 19:7, Psalm 119 – 9xs revive (25,37,40,88,107,149,154,156,159)
 3. Prayer - Hebrews 4:16, I John 1:9
 4. Fellowship - Hebrews 10:24-25, Acts 2:42

III. Due to the resurrection of Jesus, His **routine** of being our Good Shepherd is as follows:

1. Presence - Matthew 28:20, Hebrews 13:5
2. Provision- Matthew 6:11, 24f
3. Protection - John 10:10-11
4. Path to walk - Psalm 37:23

The Takeaway: Adjusting to life changes. Life is learning to adjust to loss because we are always losing something. Whether it be health, money, vocation, or a love one.