

Psalm 23 - Restores My Soul

“He restores my soul,” literally means “He causes my life to return.” It can also mean “to renovate me with new life.” By this remark the Psalmist refers back to what has just been said. The Lord nourishes His own, gives them drink, bestows upon them His peace, and so revitalizes their soul with confidence and hope.

This phrase refers to the spirit when exhausted, weary, or sad. This is not a reference to a soul that is wandering or lost from God. The shepherd encourages the soul, it moves it in to new effort and fills it with new joy.

Jesus restores our soul by giving us Himself. He does this through His Word and Sacraments. In Baptism His Spirit brings us into His kingdom and keeps us there until eternity. While Baptism is a onetime event, we can receive daily refreshment by remembering our Baptism.

In His Word we find Jesus. He is The Word of God. In this Word Jesus offers comfort as He did in Matthew 11:28: *“Come to me, all you who are weary and burdened, and I will give you rest.”* Jesus brings us peace when our lives are frazzled as He says in John 14:27: *“Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.”* Through His miracles we are assured that He is the Lord of heaven and earth and has power over everything. And he has promised to stay with us until the very end. (Matthew 28:20)

Jesus comes to us in His Holy Supper. He gives us His body and blood. In this Sacrament we receive forgiveness of sins. AND, we know that when we have forgiveness of sins we also have life and salvation. This Sacrament also strengthens our faith and gives us spiritual vitality. It reminds us that He sacrificed His life for us and wants to continue to restore our soul every moment of every day of our lives.

Prayer:

Dear Lord, when everything in life overwhelms me help to run to you for comfort, direction and rest. Help me to ever more use your life-giving Word and Sacraments to revitalize me both physically and spiritually. Amen.