

res-to-ra-tion: the action of returning something to a former condition.

• Restoration is required when something	ing has been
• We'll only make the time to restore the	he things we
When restoring something neglected:	
You have to work at it a little longer b	pecause things get
We need the right	
You have to have	
• You have to	
Restore us, O Lord, and bring us back to You again	n! Give us back the joys we once had! Lamentations 5:21
Signs we may need personal restoration:	
You're not	life.
Everything and everyone gets	
You don't	anymore.
	for the
Spiritual issues that can affect us:	
You might have a	_ about God but in God
• We haven't been	by God in a while.
We don't practice spiritual	that connect us with Go
God is in the	business.
He heals the brokenhearted and binds up their wo	ounds. Psalms 147:3 (NIV)
	He leads me beside quiet waters. <u>He restores my so</u>
	alm 23:2-3a (ESV)
· ·	t to the things of God as the people were in Noah's day. just as usual right up to the day when Noah went into the a
and the flood came and destroyed them all. Luke	, ,
	every breakthrough you bring to me. Hold me close to you
a willing spirit that obeys whatever you say. Psalm	
How to experie	ence a restored spiritual life:
Ask for God's	
If you don't know what you're doing, pray to the F	Father. He loves to help. You'll get his help, and won't be

condescended to when you ask for it. James 1:4-5 (MSG)

	Prayer reminds us that we're not in and keeps us to the one who) is	
8 Come close to God, and God will come close to you James 4:8 (NLT) 3 You are my refuge and defense; guide me and lead me as you have promised. 4 Keep me safe from the that has been set for me; shelter me from danger. 5 I place myself in your care. You will save me, Lord; y faithful God. Psalm 31:3-5 (GNT)			
	• Exercise your		
6 But when you pray, <u>be sure that your faith is in God alone</u> . Do not waver, for a person with divided loyal unsettled as a wave of the sea that is blown and tossed by the wind. James 1:6 (NLT)			
	 29 He gives power to the weak and strength to the powerless. 30 Even youths will become weak and tired, and young men will fall in exhaustion. 31 <u>But those who trust in the LORD will find new strength</u>. They will soar high on wings like eagles. They will and not grow weary. They will walk and not faint. Isaiah 40:29-31 (NLT) 		
	• Fill your with God's		
	28 My soul is weary with sorrow; strengthen me with your word. Psalm 119:28 (NIV) 28 My sad life's dilapidated, a falling-down barn; build me up again by your Word. Psalm 119:28 (MSG)		
	• Find from God's		
	2 Carry each other's burdens, and in this way you will fulfill the law of Christ. Galatians 6:2 (NIV)		

10 Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help

18 So we do not look at what we can see right now, the troubles all around us, but we look forward to the joys in heaven which we have not yet seen. The troubles will soon be over, but the joys to come will last forever.

...knowing what lies ahead for you, you won't become bored with being a Christian nor become spiritually dull and indifferent, but you will be anxious to follow the example of those who receive all that God has promised

VISION

Hold on to God's

2 Corinthians 4:18 (TLB)

TO CREATIVELY LOVE AND LEAD PEOPLE IN A GROWING RELATIONSHIP WITH JESUS.

Questions that can be used in Connection Groups:

These questions also work well for personal time with God.

- What scripture and/or point spoke most to you from the Talk on Sunday? Explain why?
- Talk through the points under the subheading "Signs we may need personal restoration". Can you think
 of some other sign that we may need restoration in our lives? What are some signs that our spiritual lives
 may need restoration?
- · Have you experienced God's restoring grace in your life? What did God do for you?
- Talk about what it means that God restores our soul? Why do we need this? How often do we need this?
- How does prayer allow us to experience a restored spiritual life?

you. I will hold you up with my victorious right hand. Isaiah 41:10 (NLT)

them because of their strong faith and patience. Hebrews 6:12 (TLB)

- · How do we exercise our faith, and how does this allow us to experience restoration?
- How does God's word restore us? Do you do this effectively? Explain.
- Do you find that people who love God play a part in our restoration experience? How?
- How do God's promise work restoration into our lives?
- Read Hebrews 6:12; How can we develop a strong faith that keeps us from indifference?

For more Talks, visit us at: **fresnoquest.com**

Get connected! Try out a Connection Group.



Information available in the courtyard.



Today's Talk..



"My Soul"