



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

- Restoration is required when something has been **neglected**.
- We'll only make the time to restore the things we **care about**.

When restoring something neglected:

- You have to work at it a little longer because things get **stuck**.
- We need the right **tools**.
- You have to have **patience** with the process.
- You have to **seek out help**.

Restore us, O Lord, and bring us back to You again! Give us back the joys we once had! Lamentations 5:21

Signs we may need personal restoration:

- You're not **enjoying** life.
- Everything and everyone gets **under your skin**.
- You don't **care** anymore.
- You don't have **hope** for the **future**.

Spiritual issues that can affect us:

- You might have a **belief** about God but **no faith** in God.
- We haven't been **moved** by God in a while.
- We don't practice spiritual **disciplines** that connect us with God.

- God is in the **restoring** business.

He heals the brokenhearted and binds up their wounds. Psalms 147:3 (NIV)

He makes me lie down in green pastures; He leads me beside quiet waters. He restores my soul...

Psalm 23:2-3a (ESV)

- God wants to revive us when we're **depleted**.

26 When I return, the world will be as indifferent to the things of God as the people were in Noah's day.
27 They ate and drank and married—everything just as usual right up to the day when Noah went into the ark and the flood came and destroyed them all. Luke 17:26-27 (TLB)

Let my passion for life be restored, tasting joy in every breakthrough you bring to me. Hold me close to you with a willing spirit that obeys whatever you say. Psalm 51:12 (TPT)

How to experience a restored spiritual life:

- Ask for God's **help**.

If you don't know what you're doing, **pray to the 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 **control** and keeps us **close** 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 trap that has been set for me; shelter me from danger. 5 I **place myself in your care**. You will save me, Lord; you are a faithful God. Psalm 31:3-5 (GNT)

- Exercise your **faith**.

6 But when you pray, **be sure that your faith is in God alone**. Do not waver, for a person with divided loyalty is as 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 **But those who trust in the LORD will find new strength**. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint. Isaiah 40:29-31 (NLT)

- Fill your **mind** with God's **word**.

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 **support** from God's **people**.

2 Carry each other's burdens, and in this way you will fulfill the law of Christ. Galatians 6:2 (NIV)

- Hold on to God's **promises**.

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

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. 2 Corinthians 4:18 (TLB)

...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 them because of their strong faith and patience. Hebrews 6:12 (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?
- 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?

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Today's Talk..



"My Soul"