

Soul Restoration – Sunday June 23rd, 2019 – Smythe Street Church

The Lord is my shepherd; I shall not want. He makes me to lie down in green pastures; He leads me beside the still waters. He restores my soul; He leads me in the paths of righteousness for His name's sake. Yea, though I walk through the valley of the shadow of death, I will fear no evil; For You are with me; Your rod and Your staff, they comfort me. You prepare a table before me in the presence of my enemies; You anoint my head with oil; My cup runs over. Surely goodness and mercy shall follow me all the days of my life; And I will dwell in the house of the Lord forever. Psalms 23:1-6

Four simple, yet powerful words...**He restores my soul.**

A reference to what God as our shepherd does!

- God addresses our needs for nurturing and nourishment. (I shall not want)
- God takes us to places of rest. (makes me lie down in green pastures)
- God leads us into seasons of peace. (He leads me beside still waters)
- God repairs and heals the damage that life can inflict on us. (He restores my soul)

Here is the challenge...

We read this and believe it, but do not know how to experience it consistently.

Today...I want to offer some encouragement as to how Psalms 23 can be more than words you read or hear at funeral services.

Let's talk about burnout.

Burnout: mental, emotional, physical and spiritual exhaustion and depletion.

Burnout is a term that was first coined in the 1970's.

Originally targeted helping professions - nurses, doctors, social workers, church ministry.

Burnout is hard to get a handle on.

Frustration because we don't know how to change it! Defensiveness!

Do not give up on the quest and the pursuit of soul restoration!

It is not new. It is as old as Elijah the prophet.

Elijah went a day's journey into the wilderness and he prayed that he might die, and said, "It is enough!

1st Kings 19:4

Here is what we should know about burnout...

1. Burnout travels in packs!

Accompanied by cynicism, anger, sadness, despair, hopelessness, shame.

More than tiredness. It is having no more fuel in the tank to run your life.

2. Sacrifice and zeal are not to be undervalued, but....

Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God – this is your true and proper worship. Rom. 12:1

- Healthy sacrifice does not leave us burnt and depleted with nothing left to give.
- Sacrifice that honours God is sustainable.

3. We are not the only ones to be hurt.

- Burnout takes you out of the game! Burnout is equivalent to self harm.
- We are not stewarding the gift of life that God has given us.
- Recovery time can be long and challenging.
- Family, spouses, your colleagues.
- When you crash, you do not crash alone.

Never be lacking in zeal, but keep your spiritual fervour, serving the Lord. Rom. 12:11

- Rest is the only way to maintain zeal and spiritual fervour!

4. It is foolhardy to push past our limitations.

- We cannot do it all! - We must remember that we are dust!
- We are finite and limited.
- We cannot be everything to everybody.
- We must lay down the "saviour complex."
- When God called you to your mission in life, He knew he was not called a god.
- There is only one God!! We are not God!!
- One plants, another waters, God gives the increase.

Who then is Paul, and who is Apollos, but ministers through whom you believed, as the Lord gave to each one? I planted, Apollos watered, but God gave the increase. So then neither he who plants is anything, nor he who waters, but God who gives the increase. 1st Cor. 3:5-7

To further point # 4...

We are not God!!!

We need sleep, but God does not.

I will lift up my eyes to the hills— From whence comes my help? My help comes from the Lord, who made heaven and earth. He will not allow your foot to be moved; He who keeps you will not slumber. Behold, He who keeps Israel shall neither slumber nor sleep. Psalms 121:1-4

Proper sleep and rest in the context of this psalm is linked to the fact that God does not sleep and that he is building the house and watching the city.

A rest deprived life is symbolic of a life that is not trusting God.

It is attached to the feeling that it all rests on my shoulders.

We need Sabbath rest, but God does not.

We must remember that God "hard-wired" a day of rest into our constitution.

We were made to need sabbath rest.

We need friends, but God does not.

This is not to say that God is anti-social. He loves us and the loves the fellowship He has with us. He calls us friends. But God - Father. Son and Holy Spirit - is sufficient within himself.

We are not!! We need the strength that others bring.

We need friends who will...

- Who will invite and encourage honesty, vulnerability and transparency.
- Who have nothing to "take" from us.

- Help us share the burdens of life.
- Give us perspective. Friends see things in us that we do not see.
- Pray with us and speak wisdom into our lives.

We need renewal on every level. God does not.

Bodies, minds, emotions, spirit! God has made us as whole, integrated creatures. The physical and emotional are inseparable from the “spiritual” part of us.

Close with this...

Then the seventy returned with joy, saying, “Lord, even the demons are subject to us in Your name.” And He said to them, “I saw Satan fall like lightning from heaven. Behold, I give you the authority to trample on serpents and scorpions, and over all the power of the enemy, and nothing shall by any means hurt you.

Nevertheless do not rejoice in this, that the spirits are subject to you, but rather rejoice because your names are written in heaven.” Luke 10:17-20

If our source of joy is only found in our latest ministry or vocational success, we will be left with a feeling of incompleteness.

Jesus was quick to tell the disciples that they should rejoice in the fact that their names were written in the book of life.

What does this mean? If our only satisfaction or sense of accomplishment is tied to what I can get done, I will entangle myself in the performance trap.

My worth is tied into what I can accomplish.

My worth must be tied to something much more foundational and secure. Knowing who I am in Jesus and that I have eternal life is my greatest source of joy and the anchor for my life.

I am just as loved when I am not “successful” as when I am “successful.”