

CHAPTER FIVE

“HE RESTORES MY SOUL”

Describe a “cast” or “cast down” sheep. Why is this such a serious concern for a shepherd?

What must the shepherd do to rescue a “cast” sheep? How does this parallel how Jesus treated “cast” people during His ministry on Earth?

Describe each of the three ways Christians can become cast down:

1. _____
2. _____
3. _____

Read 1 Kings 19:4-9. In what practical ways was Elijah restored to physical wellbeing? How is this account of Elijah a lesson for you?

Read Psalm 19:7, Psalm 51:12, Psalm 147:3, Isaiah 61:1, Jeremiah 3:22 & 30:17, Galatians 6:1, and I Peter 5:10. How do these verses speak to you personally regarding the aspects of physical and spiritual restoration?

To ensure spiritual health and healing,
we need to feed on the Word of God and commune with Him in prayer!

