"HE RESTORES MY SOUL" (Psalm 23:3)
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INTRO: As we began this new series let's get ready for God to take us on a deep journey out of our comfort zone!

I. WHAT IS OUR SOUL?
•We are made up of body, soul & spirit (1Thess. 5:23).
A. **Body** – the physical home of our spirit and soul.
    1. The body communicates through its 5 senses.
    2. Our body in its present state is mortal (2Cor. 4:16).
    3. At conversion our body (outward man) becomes the temple of the Holy Spirit (1Cor. 6:19-20).
    4. At death our body returns to the ground (Gen. 3:19).
    5. It's raised immortal at the resurrection (1Cor. 15:42-53).
B. **Spirit** [*"breath"* (Gen. 2:7)] – our innermost part.
    1. Corrupt at birth because of our sin nature.
    2. Transformed at conversion (1Cor. 6:17; Prov. 20:27).
    3. At death our spirit returns to the Lord awaiting the resurrection of the body (Ecc. 12:7; Lk. 23:42-43).
C. **Soul** [Greek – *psyche*] – our mind, will and emotions.
    1. At conversion our soul to Christ and needs to be submitted to Christ and renewed (Rom. 12:1-2).
D. **Heart** – the spirit and soul together (inward man – 2Cor. 4:16; Eph. 3:16-17; Heb. 4:12; 1Cor. 14:14).
[mind: Rom. 12:1-2; 1Cor. 2:16; Phil. 2:5; 4:8. Will: Matt. 6:10; Lk. 22:42. Emotions: Gal. 5:22-24; etc.]

II. A DEEPER LOOK AT THE SOUL
A. Our soul is under attack [devil & culture] (Ps. 57:4; 143:3-4).
B. Our soul can be cast down & need attending to (Ps. 42:11).
C. We need to choose with our will for our soul to seek and follow God (Ps. 63:8; 143:8; 146:1; Prov. 3:22; 19:16).
D. We need to discipline our soul to bring it into alignment with God and His ways (Ps. 69:10; 103:1-2; 104:1; 131:2-3).
E. We need to guard our soul (Prov. 22:5 21:23; 18:7).
F. We need to take time to seek God to restore our soul and trust Him to do it (Ps. 33:20; 57:1; 62:1-2, 5; 130:5-6).
G. God wants to satisfy your longing soul (Ps. 107:8-9; 116:7-8)!

CONCLUSION: Ask God to restore your soul and yield!