

# *The 23rd Psalm for Today's Woman*

## Psalm 23 - Lesson Five

### **Extreme Makeover**

Have you ever restored a piece of furniture? I have, and I can tell you it is a time-consuming labor of love. (I must admit the love began to fade about halfway through the project but returned when I saw the end result!) This occurred years ago when I bought an old bedroom set at a bargain-basement price. I just knew, that in its day, it must have been a handsome mahogany wood set with rich gold and red markings in the grain. I loved the curve of the headboard and the vintage mirror that swiveled on little vertical poles attached to the dressing table. Unfortunately, someone had painted (and repainted) it until it had several coats of strange colors layered on it. They had tried to "fix" the scratches and imperfections that time had added to the pieces. But, what it needed was restoration, not a cover-up. So, with a friend, I began the process of restoration.

We had no clue what we were getting ourselves into. It literally took months to complete the process of bringing that bedroom set back to life. We sanded; we rubbed; we oiled. But it was exciting when the old layers of dreadful paint were gone and the beautiful original wood began to peek through. The magical discovery of smooth red wood with golden highlights was awe-inspiring. It caused my imagination to travel to days gone by when a new couple purchased the furniture to furnish their first home. Or, maybe a girl received the pieces as a birthday gift when she turned sixteen. I could almost see an ecstatic little lady twirling in front of the mirror, as her organza dress danced around her. Yes, the restoration process was worth the effort!

Let's look at the beautiful words of the third verse of Psalm 23.

"He restoreth my soul"

If we ever lived in a time where the soul needs restoration, it's today.

Let's remember where we have come to get to this point in our study. We are on a journey to find the rest and satisfaction that comes from an intimate relationship with our Shepherd and the completeness that comes from becoming whole in Him. This portion of verse three tells us that our Shepherd is leading us with great care to a place of restoration. It is here that He takes our broken souls (our inner thoughts and sentiments), our depleted emotional reservoirs, our fractured minds that are whirling with "what if's," our hearts that have been ripped into...and He promises to bring us into a place of restoration.

Restoration means to "return to its original use or condition." It can also mean, "to regenerate; to bring back to a place of new life and energy." Couldn't we all use some of that?

I love to watch home remodeling shows. I find it so interesting to see how someone can take a broken-down mess of a house and work magic to remodel that space into an exciting new home that looks completely different than when the process began. I am completely fascinated to watch as walls are torn down, cabinets are rebuilt, and worn-out floors are replaced with fancy new tiles, slick fresh wood or plush carpet. But, what I love even more is when someone takes an old historical home and sees the beauty of its original purpose. It makes my heart glad to watch as original walls are cleaned and painted with colors reminiscent of the period when the house was first built. And when the original wood floors are brought back to life...what a treasure!! It makes me happy to know that the integrity of the original home is valued.

In the same way, when Jesus comes on the scene, he isn't interested in a remodel. He is determined to perform a complete restoration.

What does it really mean to be restored? It means that we are brought into a place of wholeness in Him. Our Shepherd does more than just "fix us". He does not paint over our pain. He does not put a piece of duct tape over our wounds. He does not put makeup on our scars.

He heals us. He takes us back to His **original design** for us when He carefully "knit us together" in our mother's womb ([Psalm 139:13.](#)) He makes us whole and useful again. In awestruck wonder, we watch as He re-creates us so we can fulfill the divine calling that He has placed on each of our lives. What a makeover!

You may have found yourself in need of restoration because of your own sin. For many, your need for restoration is due to the abuse inflicted by someone you love.

You may be wearing cruel battle scars while feeling empty, alone, and incomplete. It is His joy to make NEW creations. ([See 2 Corinthians 5:17](#))

Maybe you are worn and tired, in need of a fresh perspective on life and a new vision for what God has for you. If you have lost your joy and need a "revival" in your soul, dear friend, our Shepherd is ready to come on the scene. He will bring new joy and new vision. ([Psalm 51:12](#))

Ask Him to be your Restorer! He is anxious to get started.

Reflections:

Do you feel broken by your own failures?

Where do you feel you have failed?

Be courageous and write down some areas in your life where God needs to make you brand new?

Are there hurts and scars you carry because of abuse and rejection from others? Will you ask the Lord to address those hurts, restore your sense of acceptance, and let you know how much He loves you?

Do you have doubts about your salvation?

Have you ever given your heart to the Lord and asked Him to make you clean and new? Today is a good day to begin your new walk with Him.

Do you ever feel that your walk with God feels old and your heart feels jaded and cold? God wants to take away that hard heart and give you're a fresh perspective from His point of view. David felt that same way. [Read Psalm 51:12.](#)

Thanks for joining the group of beautiful folks who are enjoying this Bible Study of Psalm 23. Please take a moment to leave a comment. If you need prayer, let us know. We will be diligent to pray for you. If you will "follow" this blog, you will be notified each time we post new material.