

FINDING RESTORATION

CHAPTER 7 | TEACHING SEGMENT 4

(PLEASE WATCH THE STORY SEGMENT CONNECTED TO THIS CHAPTER)

OUTLINE

**AS OUR SHEPHERD, JESUS PROTECTS US IN ADVERSITY
AND SURROUNDS US WITH HIS GOODNESS AND MERCY**

PREMISE:

- Understand the character of our SHEPHERD
- Embrace the TRUTH that we are never alone

1. OUR TRUE SHEPHERD

A. The power of prayer

- In a study described on page 118, three groups of people were rated on their levels of resilience. The group that used contemplative prayer had twice the endurance and resilience as the others, as well as the ability to remain at peace.

B. Psalm 23

- In the midst of the enemy coming to steal and destroy, Christ comes as our Shepherd to protect, empower, and calm us in times of adversity.
- Four truths from Psalm 23
 1. Christ brings serenity (verses 1, 2). He will be the one to fulfill the desires of our heart.
 2. He brings security. Jesus comes to protect us and make sure we are secure in times of rest and times of stress.

3. Jesus is our satisfaction; He satisfies our soul with peace.

4. Jesus brings success to us. We will dwell in the house of the Lord forever.

C. The anointing oil

- In Old Testament times, shepherds would examine the land for snakes before they allowed the sheep to graze. They would put scented oil in the holes, which caused the snakes to come out into the open. The shepherd would then take his rod and kill the snakes. At times, the shepherds would pour the oil onto the sheep to protect them from flies and snakes.
- David says in verse 5, “You anoint my head with oil; my cup runs over.” Can you imagine in the spirit realm the powerful anointing of God transferred to us by the knowledge of Jesus as our ultimate, divine Savior, and the release of the anointing that covers you every day?
- That is the power we receive when we pray and come to the knowledge of Jesus.

D. We are not alone

- It’s exciting to think that we are not just powerless human beings believing in a religion, but we are alive on the inside, that Jesus has given us the keys to possess any land and any situation.
- Wherever we stand, Christ stands. When we stand for our nation, our generation, our families, He stands there also, creating a new pathway and giving us resilience to persevere forward.
- Ceitci was impacted years ago by a sermon she heard by Hattie Hammond, an evangelist born in 1907 who lived into her 90s. Signs and wonders followed Hattie’s ministry. She had never married, and people sometimes felt sorry for her because she was alone. Her response: “What are you talking about? I have God the Father, God the Son, God the Holy Spirit always going ahead of me; I am in the middle. And then I have the angel of the Lord on one side and

goodness and mercy to follow me for the rest of my life. I only buy one airplane ticket, but there are seven in our party!”

- Remember: You’re not alone—there are seven in your party! If there are days when nothing seems to go right, stop and reconnect yourself to the presence of God.
- Meditate on things that are pure, noble, eternal. You will experience peace and the understanding that Christ in you, the hope of glory, gives you serenity, security, satisfaction, and success.

TAKE TIME TO THINK AND DISCOVER:

Consider these additional thoughts as you complete the experiential imagery exercise and the personal reflection questions for this chapter:

- As you complete the image on page 123, picture yourself as that person, walking on the pathway of life, being held in the hands of God. *How do you respond in those times when things aren’t going well? How are you envisioning yourself with the Lord on your side?*
- On page 124, as you recall the moments Jesus carried you through the dark valleys, feel free to add more bullets or just fill out as many as you can. For example, in Ceitci’s life, she might describe how the Lord sustained her during the loss of her mom or during the times she had no finances or place to live.
- The reason we want to remember those seasons is that we can see how God has always been there to sustain us. When we remember that, we receive strength to continue our journey.
- Question #2 on page 124: Record the times the Lord has truly comforted you. *Has it been through another person, a Scripture, a book, through something He spoke to your heart and it became a revelation to you? Did you sense greater peace and understanding of His love and presence in your life?* Write down those things as well.

- **Victory words, page 125:** As you write your words, feel free to add Scripture verses. For instance, if you went through a season of grieving yet felt strength or peace because of how God had spoken to you, write down the times it happened and the Scriptures. You may want to write Psalm 23, for example, and how God has ministered to you while reading this chapter.
- It is important to take the time to think, meditate, and pray through these different seasons so that as we continue forward into Chapter 8, we can find joy as well as resilience in the journey ahead.

**** PLEASE CONTINUE TO CHAPTER 8 – TEACHING SEGMENT 1**