

1. We are going to continue with our word from the Lord for 2023, This is Your Year of Jubilee, by talking about the renewing of our hope in the Lord.
2. Last week our text was from **Psalm 42:5** *Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.*
3. We uncovered last week that when the writers of Psalm 42 asked the question, why my soul are you downcast, they were in essence painting a very specific picture that we might miss, but that most in the Old Testament would have understood.
4. We said the word downcast is actually a compound word, made up of two different words.
5. We know what the word down means, but the word cast we might not recognize.
6. When an animal, in this case, specifically a sheep became cast, it meant that the sheep had accidentally gotten turned upside down, on its back, with its legs flailing hopelessly in the air. **(picture)**
7. Being in this position is hopeless for the sheep because it is impossible for them to get turned right side up without help.
8. In this position the sheep is vulnerable to attack.
9. In this position the sheep can die in a short amount of time because they will soon begin suffocating on the gasses building up inside them
10. What a powerful picture of how we can find ourselves at times in our lives. upside down. Unable to move. Crying, kicking, and feeling like it is all going to come to an end.
11. In the first part of Psalm 42 the writers describe in detail what that looks like from a human standpoint.
 - Desperate, panting for refreshing water.
 - Thirsty for God, but unable to connect with him.
 - Constant crying and tears.
 - People taunting in our time of need wondering where our God is.
 - Remembering the good times from the past but fearing we will never return to those times.
12. But in verse 5 we find the solution. **Psalm 42:5** *Put your hope in God, for I will yet praise him, my Savior and my God.*
13. The solution to this upside-down existence is to put our hope in God.

14. And the way we put our hope in God is to praise Him.
15. Woah. Praise Him? Praise Him for what? This terrible situation we are in. Not at all.
16. Praise him by remembering the impossible situations he has delivered us from in the past, and putting our hope in Him that he can deliver us again.
17. I recognize that it is no natural for us to praise God when we are cast.
18. I also recognize it is not easy to praise Him when we are upside down. But I want you to know it is possible, because we have inside us the help of the Holy Spirit to remind us, and comfort us, and help us praise God even when we don't feel like praising God.
19. This morning I want us to discover what the Lord, our great shepherd offers us when we cry out to him in praise.
20. I believe we see a picture of God's wonderful help in another passage about our relationship with God our shepherd.
21. I want to read this passage in the bible version I first heard it in. the KJV.

TEXT: **Psalm 23 A Psalm of David.** The LORD *is* my shepherd; I shall not want. 2 He maketh me to lie down in green pastures: he leadeth me beside the still waters. 3 He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake. 4 Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou *art* with me; thy rod and thy staff they comfort me. 5 Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over. 6 Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the LORD for ever.

TITLE: **Renew Your Hope – Part 2**

INTRO.

1. The reason I believe it is appropriate to connect Psalm 42 with Psalm 23 is because of verse 3.
2. David says, He restores my soul.
3. Remember in psalm 42 the writers used the word soul six different times.
4. We described our soul as the command center of the human

personality. It includes our intellect (thinking), our emotions (how we feel), and our will (the ability to choose for ourselves).

5. And the writers of Psalm 42 asked the question. Why my soul are you downcast. In other words, why are you upside down or cast.
6. But in Psalm 23 when David says he restores my soul, he too is painting a picture.
7. The word restore conveys the idea of going back to a starting point. To go back to a previous state of being. In this case the word restore literally refers to the idea of setting upright.
8. It is the picture of the shepherd helping the sheep get back on its feet.
9. But what we see in the rest of Psalm 23 is what it looks like when the sheep gets turned right side up.
10. When the shepherd notices that a sheep is cast, he doesn't just run over, set the sheep upright, and then move on to something else.
11. The shepherd knows it will take the sheep some time to regain its strength and footing. To get steady while standing up. To recover from what he has been through.
12. And the shepherd does that by setting the sheep upright, and then staying there with the sheep for a while, hands on both sides of the sheep, holding that sheep steady.
13. Why in the world would crying out to God in praise when we are in a hopeless situation make any sense? Because our God. Our shepherd is not a shepherd who sees us as a bother or a check mark on the to-do list. Our shepherd longs to be close to us and hold us and help us.
14. Our loving shepherd longs to give us a kind of hope that we can't find anywhere else in the world.
15. I want us to look through Psalm 23 and I am going to give you several words to describe the kind of hope our shepherd gives to us.

Relationship.

1. Psalm 23:1 The LORD *is* my shepherd;
2. David does not say the Lord is a shepherd or the shepherd. David says he is MY shepherd.
3. Our god gives us hope by the fact that he is not some impersonal,

stand offish, shepherd. He is a shepherd that longs for closeness.

4. He longs to be close to us and us to him. Listen to the depth of his personal love in the words of Jesus in **John 10:11 "I am the good shepherd. The good shepherd lays down his life for the sheep."**
5. Jesus is no hired hand. He is personally invested in and willing to give his life for our safety.
6. Another word to describe the hope we have in God is...

Rest.

1. **Psalm 23:2 He maketh me to lie down in green pastures:**
2. In the scripture, the shepherd makes, or causes the sheep to lie down and rest.
3. The significance of that is that when the sheep has spent any time at all cast, upside down, the very last thing that sheep can do is rest.
4. Just like us, when the sheep is cast, they are overcome by fear.
5. Have you ever felt that way? Upside down and fearful of everything going on around you.
6. With the steadying hands of the shepherd on both sides of him, the sheep can experience rest because the shepherd is there to calm fears and let him know that everything is going to be ok.
7. That's the kind of hope our great shepherd offers us. The hope that we are ok because we are in his hands.
8. Another word to describe that hope is...

Refreshing.

1. **Psalm 23:2 he leadeth me beside the still waters.**
2. This refreshing is more than just leading us to a place or thing that provides the refreshing, it is in finding our refreshing in Him.
3. Listen to the picture David paints in Psalm 63.
4. **Psalm 63:1 You, God, are my God, earnestly I seek you; I thirst for you, my whole being longs for you, in a dry and parched land where there is no water.**
5. If in times of hopelessness we will cling to him rather than wiggle away from him, we will discover that he himself is the refreshing that we so desperately need.

6. The hope that we have is that our shepherd is eager to refresh us with his love and very being.
7. Another word to describe that hope is...

Right Paths.

1. Psalm 23:3 he leadeth me in the paths of righteousness for his name's sake.
2. Not only does he comfort us when we have gotten turned upside down, but he lovingly offers to lead us into paths that will greatly increase our safety and security.
3. Isaiah said it best this way. Isaiah 42:16 I will lead the blind by ways they have not known, along unfamiliar paths I will guide them; I will turn the darkness into light before them and make the rough places smooth. These are the things I will do; I will not forsake them.
4. Our great shepherd doesn't just want to dust us off after we have been turned upside down, but he is willing to go before us and take many of the things that would cause us to end up in that place again and smooth them out for us as we go.
5. And why would he do that? For his name's sake.
6. This aspect of what God gives us still blows my mind.
7. God's reputation is at stake by the way his followers live.
8. We are his hands and feet in the world. We are Christ's ambassadors to a watching world.
9. If we are constantly turned upside down then the world will wonder, what's the point in serving a God who can't even help his people.
10. But he can help us, his sheep. And when we follow the paths he leads us on, not only are we more secure, but his name is praised and others are more likely to seek him as well.
11. What a wonderful privilege we have of carrying the name of Jesus. What hope it gives us when we realize that he trusts us that much.
12. Another word to describe the hope he gives is...

Refuge.

1. Psalm 23:4 Yea, though I walk through the valley of the shadow of death, I will fear no evil:
2. To be clear, putting our hope in the Lord will not keep us from dark

paths and dark days. But putting our hope in the Lord will most certainly provide us with the refuge we need on those dark paths.

3. Refuge is the condition of being safe or sheltered from pursuit, danger, or trouble:
4. When we put our hope in the Lord, he literally becomes a protective barrier around us. David said it this way in Psalm 28:7-8 The LORD is my strength and my shield; my heart trusts in him, and he helps me. My heart leaps for joy, and with my song I praise him. 8 The LORD is the strength of his people, a fortress of salvation for his anointed one.
5. When we put our hope in the Lord, we are no longer sitting ducks, we are in the middle of a fortress, a castle that no one or nothing can penetrate. That's what I call hope.
6. Another word for the hope we have is...

Reassurance.

1. Psalm 23:4 Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me.
2. The last part of this verse indicates to us what the protection the lord gives us looks like.
3. David says, your rod and your staff, they comfort me.
4. The rod was more of what we would consider a club.
5. Every good shepherd would carry this rod or club, and any time an enemy got close, the shepherd would swing the club and defend his sheep.
6. Picture this. When you put your hope in the Lord, he is literally walking out in front of you, swinging his club at anything and everything that longs to cause you harm.
7. The staff on the other hand was an instrument of comfort. You may have seen a staff before. It has the crook on one end.
8. With the staff the shepherd gently touches the sheep to guide them.
9. It is a constant reminder that the shepherd is nearby.
10. Hope. Another word that describes our hope is...

Redemption.

1. Psalm 23:5 You prepare a table before me in the presence of my enemies.
2. Every single one of us have people, who because of the way they have

treated us, have become our enemy.

3. They did things to harm or hurt us. So often the desire of our ultimate enemy is to traumatize us. To keep us from living the fullness of what the lord desires.
4. When trauma guides our life what often follows is dysfunction. Dysfunction is when we are hindered and not fully free to live as God designed us.
5. But when we put our hope in the Lord what is he able to do for us? He is able to restore and renew our rightful place.
6. Again, this is a mental picture that is overwhelmingly encouraging.
7. He brings our enemies into the room. And then he prepares this wonderful table with this bountiful feast. And he invites us to come and sit down and eat. In front of our enemies.
8. While they are licking their lips, mouth watering, longing to eat just a crumb from the table, the lord provides for us this wonderful blessing.
9. It's God's way of saying to us and our enemies. You tried to tear them down, but I am going to lift them up. Hope.
10. Another word to describe our hope is...

Recovery.

1. Psalm 23:5 You anoint my head with oil;
2. Often times sheep are attacked and infested by these biting pests, specifically flies trying to get up into the nose.
3. It is irritating. It is uncomfortable.
4. Have you ever just felt overrun by one irritation after another? No one single thing is more than you can handle, but when you put them all together the total weigh of all of those irritations nearly run you crazy.
5. When the sheep experienced these flies the shepherd would apply this ointment or this oil to the head of the sheep.
6. It was a repellent to the flies. It kept them away so the sheep could get relief and rest.
7. When we put our hope in the Lord we are declaring to God. Whether it's the weight of the world or the annoying little things of life, you are my source of comfort and strength. Hope

8. Another word to describe the hope we have in God is...

Reservoir.

1. Psalm 23:5 my cup overflows.
2. When we put our hope in the Lord and we cling to him as our strength and protection and provider, what happens is through the power of the Holy Spirit, life begins to well up inside of us.
3. John 7:37-39 On the last and greatest day of the festival, Jesus stood and said in a loud voice, "Let anyone who is thirsty come to me and drink. 38 Whoever believes in me, as Scripture has said, rivers of living water will flow from within them." 39 By this he meant the Spirit, whom those who believed in him were later to receive.
4. What a source of great hope when we not only realize but begin to live in such a way that God is not only with us but he us in us. He dwells and lives inside us.
5. That means because he lives in us, he can touch every part of our being inside us.
6. Our thoughts, our emotions, our feelings, and our will. Hope.
7. And the final word for today to describe our hope is...

Resolve.

1. Psalm 23:6 Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the LORD for ever.
2. Not only is the Lord present to deliver me from all my past that turned my life upside down.
3. Not only is the Lord with me to protect me and guide me in the things that I'm facing today.
4. But as I look out toward the future, as I wonder what will be. I know that whatever lies ahead of me, goodness and mercy will follow along with me to provide the assurance and comfort and forgiveness that I will need.
5. God has already provided what I will need tomorrow even though I'm not there yet. Hope.

Conclusion:

1. I have to tell you; I had a lot of difficulty fitting in this message all the sources of hope that I see in Psalm 23.
2. One after another, after another, after another the Lord peppers with messages of hope.
3. There is literally no aspect of our lives that the hope of the Lord God almighty can't penetrate.
4. Where do you need hope to touch you?
5. Do you need...
 - Relationship.
 - Rest.
 - Refreshing.
 - Restoration.
 - Right paths.
 - Refuge.
 - Reassurance.
 - Redemption.
 - Recovery.
 - Reservoir.
 - Resolve.
6. He has it for you.
7. Corporately praise God because his hope touches every part of our lives.
8. Tell him where you need hope.
9. Tell God right now where you feel hopelessness.
10. And then put your hope in him. Tell him you believe he is enough.
11. Salvation.