



64. *Needing Rescue*

"The Lord is my shepherd ... He restores my soul,"

Psalm 23:1&3.

Sheep get into trouble. They stray into dangerous places and fall into ditches or crevasses in the rocks and get helplessly stuck. Some lay down in a soft grassy spot and roll onto their backs. Exhausted, fat, or heavy with fleece, they can't get up. Helpless on their own, they are easy prey to predators. Their only hope is for the shepherd to rescue them. Sometimes believers get into bad situations where our souls need to be rescued and restored. In the Psalms, David described his soul as greatly dismayed, wasted away, in despair, cast down, sunk down into the dust, having had enough troubles, and weeping because of grief. David wrote, *"There is no one who regards me;*

there is no escape for me; no one cares for my soul," Psalm 142:4.

We, as believers, can get into trouble. Sometimes, having strayed from our Shepherd, we get stuck in dangerous places, bad relationships, addictive habits, or vulnerable situations. Or maybe we have just lazily rolled over onto our spiritual backs ... playing the game without discipline and growth. Are you in a situation like that? Is your soul cast down? Has your soul had enough trouble? Don't just lie there as easy prey. Your Shepherd cares for your soul. Cry out to the Lord, *"You are my refuge, my portion in the land of the living. Give heed to my cry, for I am brought very low; deliver me from my persecutors, for they are too strong for me. Bring my soul out of prison, so that I may give thanks to Your name,"* Psalm 142:5-7. God will restore you in His way ... and in His time.

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