

Life Group Lesson

Soul Restoration Week 1 • Week of March 6

Introduction

Have you ever cleaned out your clothes closet and either had a yard sale, gave it away to a non-profit or shared hand-me-downs with friends or relatives? Then, did you suddenly realize you had space left in your closet and when 40% -70% off sales were advertised you quickly filled the closet up with clothes, shoes, etc.? We often clean out only to fill up. Our text in Matthew 12: 43-45 says, *“When an evil spirit leaves a person, it goes into the desert, seeking rest but finding none.” Then it says, ‘I will return to the person I came from.’ So it returns and finds its former home empty, swept, and in order. Then the spirit finds seven other spirits more evil than itself, and they all enter the person and live there. And so that person is worse off than before. That will be the experience of this evil generation.”*

We may decide to empty ourselves of what we perceive to be unhealthy only to allow something more vile, or unhealthy in its place. Usually we recognize what is unhealthy and what is sinful, however, what we put in place of it might not bring us the peace and hope we desperately need. What great leaders have taught us about healthy organisms and healthy organizations is that when something unhealthy tries to enter it and take over the healthy part spews out or rejects the unhealthy portion. So it is when we are replacing unhealthy parts of our lives with healthy actions and holy habits.

Background

During Soul Restoration we will be journeying through the Psalms spending 40 Days with God. The reality of Psalm 49 is that it immediately hits us with the futility of worldly riches, vanity, hubris, deceit and seeking fame above all else. There is a place in your soul and my soul that only God can fill. When we seek to fill it with unhealthy and unholy things something in our spirits get sick, and we have this agitation that we are perhaps more empty than ever though we’ve tried to fill our lives with things, titles or possessions.

This Psalm was written for worship yet it was temple musicians and assistants who wrote it. Perhaps they too realized that all the money in the world will not only fall short of buying happiness, but it also cannot purchase our redemption nor our eternal dwelling with God.

Reading the Text

Read Psalm 49:5-20 slowly and ask the following questions before reading.

1. What is the Holy Spirit saying to you?
2. What are you going to do about it?
3. How can we help you?

Close in a Time of Prayer asking:

- a) What do you want to remove from your life which is not healthy or holy?
- b) What do you want to replace it with which would be healthy and holy?



Text: Psalm 49:5-20, Matthew 12:43-45

PLAIN TRUTH:

Restoration involves _____ spiritual
_____ and _____ with
God himself.

One Year Bible Readings

- Mar. 6: Numbers 6:1-7:89, Mark 12:38-13:13, Psalm 49:1-20, Prov. 10:27-28
- Mar. 7: Numbers 8:1-9:23, Mark 13:14-37, Psalm 50:1-23, Proverbs 10:29-30
- Mar. 8: Numbers 10:1-11:23, Mark 14:1-2, Psalm 51:1-19, Proverbs 10:31-32
- Mar. 9: Numbers 11:24-13:33, Mark 14:22-52, Psalm 52:1-9, Proverbs 11:1-3
- Mar. 10: Numbers 14:1-15:16, Mark 14:53-72, Psalm 53:1-6, Proverbs 11:4
- Mar. 11: Numbers 15:17-16:40, Mark 15:1-47, Psalm 54:1-7, Proverbs 11:5-6
- Mar. 12: Numbers 16:41-18:32, Mark 16:1-20, Psalm 55:1-23, Proverbs 11:7

March 5 & 6, 2022