



YOU CAN BE RESTORED

You Can Do This, Part 2
Pastor Andy Wood
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“The Lord is my shepherd, I shall not be in want. He makes me lie down in green pastures, he leads me beside quiet waters, he restores my soul. He guides me in paths of righteousness for his name’s sake. Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me. You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. Surely goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever.”
Psalm 23 (NIV84)

To be cast: **Flipped upside down, stuck, helpless, and in danger.**

“Do not cast me from your presence or take your Holy Spirit from me.”
Psalm 51:11 (NIV)

Why does this happen?

- Seeking comfort in wrong places.
- Overgrown and dirty.
- Overweight and unhealthy.

The Good Shepherd is a rescuer and a _____.

“For you have rescued me from death; you have kept my feet from slipping. So now I can walk in your presence, O God, in your life-giving light.”
Psalm 56:13 (NLT)

Overcoming The Lies That Keep Me Stuck:

Lie 1: I don’t need to be restored.

“So, if you think you are standing firm, be careful that you don’t fall!”
1 Corinthians 10:12 (NIV)

“The sacrifice you desire is a broken spirit. You will not reject a broken and repentant heart, O God.”
Psalm 51:17 (NLT)

- _____ for getting myself into a ditch.

Lie 2: It’s too painful and not worth it.

“No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it.”
Hebrews 12:11 (NIV)

- _____ to endure the process of transformation.

Lie 3: God can’t do it for me.

“The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly.”
John 10:10 (ESV)

- _____ His personal care for me.

“Cast all your anxiety on him because he cares for you.”
1 Peter 5:7 (NIV)

God can restore:

- hardened hearts
- missing joy
- broken families
- health (physical, emotional, mental)
- lost years

Click “Next Steps”
to get more resources!



1. restorer 2. repent 3. resolve 4. receive



你能被恢復

你能做到 (二)

胡安迪牧師

2024年9月28-29日

「耶和華是我的牧者，我必不至缺乏。他使我躺臥在青草地上，領我在可安歇的水邊；他使我的靈魂甦醒，為自己的名引導我走義路。我雖然行過死蔭的幽谷，也不怕遭害，因為你與我同在；你的杖，你的竿，都安慰我。在我敵人面前，你為我擺設筵席；你用油膏了我的頭，使我的福杯滿溢。我一生一世必有恩惠慈愛隨着我，我且要住在耶和華的殿中，直到永遠！」

詩篇 23:1-6 (和合本)

「被困」：天翻地覆、陷入困境、無助、處於危險之中。

「不要丟棄我，使我離開你的面；不要從我收回你的聖靈。」 詩篇 55:11 (和合本)

為何發生？

- 在錯誤的地方尋求安舒
- 過度生長和變肌麟
- 超重和不健康

好牧人既是拯救者，也是_____。

「因你救我免於死亡，你使我的腳站穩不致滑跌。上帝啊，現在我可以來到你面前，沐浴在你賜生命的光中。」 詩篇 56:13 (新普及譯本)

克服令我被困的謊言：

謊言一：我不需要恢復

「你們如果以為自己站得穩，就要小心，免得跌倒了。」 哥林多前書 10:12 (新普及譯本)

「你喜悅的祭，是破碎的靈。上帝啊，破碎痛悔的心，你必不拒絕。」 詩篇 51:17 (新普及譯本)

- 「_____」，是我令自己陷入困境

謊言二：太痛苦了，不值得

「凡管教的事，當時不覺得快樂，反覺得愁苦，後來卻為那經練過的人結出平安的果子，就是義。」 希伯來書 12:11 (和合本)

- 「_____」忍耐轉化的過程

謊言三：上帝無法幫助我

「盜賊來，無非要偷竊、殺害、毀壞；我來了，是要叫羊得生命，並且得的更豐盛。」 約翰福音 10:10 (和合本)

- 「_____」祂對我們的個人看顧

「你們要將一切的憂慮卸給神，因為他顧念你們。」 彼得前書 5:7 (和合本)

上帝能恢復：

- 剛硬的心
- 失去的喜樂
- 破碎的家庭
- 健康 (身體、情感、心理)
- 失去的歲月

按「下一步」，
獲取更多資源！



1. 恢復者 2. 悔改 3. 決心 4. 接受