

## **HE RESTORES MY SOUL!**

By Mary Mayko

Ps.23:3 “He restoreth my soul, He leadeth me in paths of righteousness for His name’s sake.”

What a blessing when the LORD restores our soul! The LORD orders our steps in a right way that we may progress on in his righteousness! When we are tired, we’re often overwhelmed by our emotions and thoughts that run rampant, or by feelings that flow from one extreme to the other! We wear our selves out when we fail to take time to find a place and means of restoration.

The need to be restored means we need to be mended or made whole again. Something in our life is out of order! Psalm 23 has been a source of comfort to multitudes in countless ways! In Ps.23, we have the assurance of restoration when we allow Him to lead us in His pathways. It is there we find rest, safety and nourishment for our bodies, minds and spirit!

As we find our renewal in His Presence and wisdom, we are often being furnished with the tools or growth we need for whatever lies ahead. When we have been restored, that confidence that *God does have a purpose* for our lives and we can go forth with a new zeal for His work!

When *our soul does get weary*, we get dull to the purpose God has for us. That is a signal for us to stop and rest, to receive fresh nourishment for our soul. When we get overly tired or weak, we cannot think or reason correctly. It is at those times we make some serious mistakes or fail to do what we believe is expected of us. The Enemy takes advantage then to heap *guilt feelings* on top of top of the weariness. That leads to discouragement and some even give up on what they *once were so sure* was the proper course for their life!

It is an *act of maturity* to stop and rest so the LORD can restore our soul! Jesus exhorted us to rest, to cast our cares on Him

Matt.11:28 KJV “Come unto Me, all ye that labor and are heavy laden, and I will give you rest.”

Christ was perfectly balanced in His life and encourages us to follow His example! Go somewhere alone and pray! Get away from the crowds at times! Learn how to *sleep even* in the midst of your storms of life. Jesus often instructed His followers to keep a proper balance in life!

*Balance is a right ordering of the mind, body and spirit*, to walk in His paths of righteousness. Remember, it is for His name’s sake He leads us correctly along the right paths with room for rest and renewal along the way. It is there the LORD restores our soul! Then we will be prepared to meet the people or circumstances that become a part of our life.

May the LORD restore your soul today! Let His joy be an ever present source of strength! Blessings!



## **THE CUP of HOPE**

**By Mary Mayko**

**Psalm 23:5b KJV “Thou anointest my head with oil;  
my cup runneth over.”**

**The anointing of the LORD can fill our hearts and minds with His peace, love and joy, ‘filling our personal cup of blessings’ to overflowing with thoughts of His goodness and grace!**

**He opens the eyes of our understanding to receive His insights and for many of us, we are compelled to write down the words of inspiration that we need to reflect on. Many write poems which is the language of the heart. Writing down our reflections, often enable us to express our thoughts on paper when we cannot quite say them verbally! Some of our thoughts are so private they seem to be only for the eyes and ears of God! How many times have we had a precious thought only to lose it if not written down! I was stirred with a deep desire to write when I saw the following verse in Job!**

**Job 19:23 KJV “Oh that my words were now written!  
Oh, that they were printed in a book!”**

**I am so grateful the writers of Scripture were able to record their God given messages! They continue to minister to us down through the ages! When we are at a loss for words to say or pray, we can turn to the Bible for a favorite verse and be renewed once again! Thank God for His written Word!**

**Many of the writings in this book, The Overflowing Cup, are a result of recording my thoughts and prayers as well as inspirations from the LORD. How comforting it has been all through the years to have this blessing to help encourage myself though difficult as well as delightful times of my life! My cup overflows! As a result of writing down and saving my notes, I have been able to share my insights with others. May you be inspired with joy and hope!**

### **THE CUP OF HOPE!**

**The hope that helps! Hope helps us to battle and overcome the discouragements and depressions in life! Examine the Biblical Principles seen in the following verses.**

**Psalms 42:11 KJV “Why art thou cast down, O my soul? And why art thou disquieted within me? Hope thou in God: for I shall yet praise Him, who is the health of my countenance and my God.”**

## **“IMAGINE IF YOU WILL!”**

*Imagine if you will*, no Bible to read, no place to worship, no way of ridding yourself of your burden of sin!

Thus it was for an exile in the Babylonian Captivity. God’s Chosen People in a predicament like this, and because of their sin!

*Imagine if you will*, God moving on the heart of a heathen king, Cyrus (Is.44:28, 45:1) to grant these people their liberty to return home, and to furnish them with the necessities for restoring the Temple. (2 Chron 36:23 Ezra 1:2, 2:2) Think of their joy in returning home and their praise to God for answered prayer.

*Imagine if you will*, difficulties, trials, hindrances due to health, resources, weather, surroundings, people and Satan, until indifferences becomes a daily attitude. Finally, selfish desires become their focus, thus devotion to building splendid homes for themselves, *while God’s House stood unfinished*. So still no place for worship year after year, excuses, indifference and procrastination!

Procrastination, it is a deadly habit, an act whose seed is so great in its’ effectiveness, I do not believe any one of us can imagine its’ total result. These people *delayed the Temple’s rebuilding for eighteen years* with familiar reasons, the time is not right, we don’t have the resources to make it as beautiful as Solomon’s Temple!

But in Haggai’s Book, chapter one, God encourages them to build His House and assures them, not only is this His Will but He is with them (v 13 ). *Dear one, what about you?* Your desire to “serve the LORD”! You long to see God’s Kingdom furthered, to bring unsaved folks to Jesus Christ, and to be a blessing to those around you.

*Imagine if you will* all the times you’ve thought about that phone call but didn’t make it. Think of all those encouraging letters you wrote in your mind but never got them in the mail! Think of all the times you wanted to give an encouraging word of Scripture or drop the seeds of His love into the ears of a needy soul, but kept silent, wondering: “How will they receive it?”

In Haggai 2:19 the question is asked, “Is the seed yet in the barn?” *God’s work will go on, His blessings will continue*, the question is; “*Will you receive a part in the Harvest because of the seeds you have sown?*” Don’t allow fear, procrastination or Satan to prevent you from sowing those seeds, or there will be no harvest. Haggai still says, “Consider your ways!” *Put first things first!*

Excerpt from: “Echoes For Today’s Listening” By Rev. J. Kehl Golding

**Psalms 57:1-2 KJV “Be merciful unto me, O God, be merciful unto me: for my soul trusteth in Thee: in the shadow of Thy wings will I make my refuge, until these calamities be overpast.”**

**Psalms 61:1-3 KJV “Hear my cry, O God; attend unto my prayer. From the ends of the earth will I cry unto Thee, when my heart is overwhelmed, lead me to the Rock that is higher than I; for Thou hast been a shelter for me, and a strong tower from the enemy.”**

**As we reflect on the Word of God, our hope is renewed and our depressions can be lifted as we allow Him to heal our minds and redirect our thoughts to the One who is able to do so much more than we could ever imagine! To be in a pit of despair and brought up out of it suddenly by His Word and His Presence turns our cup of bitterness into a cup of blessing of hope and joy!**

**(Excerpts from a book in process, The Overflowing Cup” by Mary Mayko)**