

# RE-BOOT– FINDING RESTORATION IN THE PSALMS

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## INTRODUCTION

**R**e-boot: verb: to restart (a computer) by loading the operating system again.

A while ago, I had been having some computer issues, which is something I seem to have quite often. After much frustration and deliberation I finally gave in to having a complete system restore done. This process, though a bit stressful, took my computer back to its original state before it got messed up with malware and viruses. I lost a few files but, for the most part, I had been worrying unnecessarily about what might happen.

That got me thinking about my spiritual life—although come to think of it, it was more likely Holy Spirit nudging me to pay attention. I had been feeling a bit like my computer. Little bits of malware had come in, little viruses – things that kept me from functioning properly and living in the joy and fullness I had once known in the Lord. I felt as though I had lost my first love. Oh, don't get me wrong! I was still completely devoted to the Lord, but something was “off”. I didn't hunger for the Word or eagerly anticipate my time with Him as I used to.

## *Re-Boot - Finding Restoration in the Psalms*

As I contemplated my computer being so easily restored, I thought how wonderful it would be if my spiritual life could have a simple Re-boot, too. My next thought was, “Why not? After all, the Word of God is OUR operating system, isn’t it?” I didn’t want a religious or purely theological Re-boot, though. I wanted simplicity and honesty in my heart-felt need.

As I prayed about it, I was led to the Psalms. It does seem a little bit cliché, but what better place to find restoration? In the Psalms, David and the other writers complain loudly, repent fully, praise exuberantly, submit wholly, love completely and worship with abandon. We see and hear the full force of all of their emotions as they cry out to God.

So, with that in mind, I invite you to join me as I re-visit the Psalms where I allowed the Lord to shine His light into the dark areas of my soul and ultimately do a Re-boot. Be warned though. When you invite God to press the reset button on your life, you can be sure He will take that opportunity to do a clean sweep. Your journey may be completely different from mine. It may be easier- or possibly harder. In our spiritual life, as with a computer, it is often only minor glitches that throw things off, but sometimes it’s the bigger full blown viruses that will mess everything up and destroy all of the hard work you’ve done over the years.

The process might take you through some deep valleys but, if you dedicate yourself to restoration, there is a promise of lush, green pastures on the other side where you will most definitely find rest for your soul.

Shalom.