

Concordia Theological Seminary
Continuing Education

“He Restores My Soul!”
Restoring the Whole Servant of God Ps. 23:3
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Course Description

The Psalms provide a storehouse of rich resources for the servant of God both personally and professionally. Composed by saints in situations of common human experience they express both praise and prayer in the midst of both joy and sorrow. The Psalms relate to multiple areas of life for the baptized child of God in order that he may be a joyful presence and influence to those in relationship to him. This retreat will address the importance of wholeness and balance in all areas of life: physical, emotional, intellectual, social, and vocational. Participants in this retreat will not only study and reflect on the Psalms for spiritual refreshment, but are encouraged to engage in recreational events for their total well-being. This four-day retreat will include classroom sessions each morning, while providing afternoons for golfing, hiking, biking and fishing. (*Trails are numerous and refreshing streams and lakes are plentiful. The Flat Irons, immediately surrounding Boulder and the University of Colorado campus, and the Rocky Mountains provide a majestic and beautiful backdrop for Biblical study and restful reflection.*)

Course Outline

I.- Introduction - How does God restore My soul?

Why all the talk on wellness these days?

The Spiritual Well-Being Wheel

- 1) Physical well-being
- 2) Intellectual well-being
- 3) Social/Interpersonal well-being
- 4) Vocational well-being
- 5) Emotional/Mental well-being

The word for health in Hebrew is *shalom* and the word is the same for ‘peace,’ ‘welfare,’ and ‘well-being’ and ‘harmony.’ Health is total.

Preventative work ~ how to avoid pitfalls in ministry and service!

A. What is stimulating both my mind and spirit?

B. What are my relationships like? What is “Relational Vitality?”

II. **He Restores My Soul...the particular nature and dangers of all His sheep**

III. **He Restores My Soul...the Good Shepherd leads and feeds us.**

IV. **He restores my soul...what it means to rely on His Word and Regularly Pray.**

The variety of Psalms and their purposes:

God as Comforter - *Psalms of Gospel Consolation and Comfort*

God as Provider - Psalms encourage one to abiding and trust in His Word and promise

God of Relationships -Psalms that address the problems of envy, jealousy, insecurity and contempt

God as Protector – *Psalms outlining God's direction_*

God as Savior – Psalms reflecting one's need for prayer: a Cry for mercy

God as Mediator – Psalms in which the penitent may confess sins.

Pre-Course Assignments

- 1) Scan and Read the Book of Psalms
- 2) Read Bonhoeffer, Dietrich. *Life Together*.
- 3) Read Ludwig, Garth. *Order Restored*.

Required Texts

Bonhoeffer, Dietrich. *Life Together*

Ludwig, Garth. *Order Restored*

Other Resources Quoted and Utilized:

Keller, Phillip. *A Shepherd Looks At Psalm 23*.

Kleinig, John. *The Lord's Song*.

Harbaugh, Gary. *Pastor as Person*.

Luther's Works ~ on the Psalms

Scazzero, Peter. *The Emotionally Healthy Church*.

Steinke, Peter L. *Congregational Leadership in Anxious Times: Being Calm and Courageous No Matter What*.