

# Soul Revival

“Wilt thou not revive us again: that thy people may rejoice in thee?”  
Psalm 85:6

Saints can experience spiritual discouragement and lethargy, and sincere ones want to know the causes and cures of this malady.

## THE CAUSES

- A. *Unconfessed sin* is the greatest enemy of Christian joy: since the Lord knows all the thoughts and actions of your life, you cannot play with sin (Ps 51:8; 66:18; Isaiah 59:1-2; I Thes 5:19).
- B. *Worldly inputs* are the second enemy of Christian vitality (Matt 13:22; Eph 4:27,30; Jas 4:4).
- C. *Malnutrition* or starvation of God’s words will devour a soul (Pr 29:18; Luke 4:4; Ps 119:54).
- D. *Friends* – pagans or carnal Christians – corrupt good manners (I Cor 15:33; II Tim 2:16-18).
- E. *Ungodly relationships* – bitterness, envy, or strife at others (Lu 1:17; Jas 3:14-16; I Pet 3:7).
- F. *Worry* is first a sin, and then it tears down your spirit (Phil 4:6-7; II Cor 4:8-9; I Kgs 19:1-4).
- G. *Tiredness*, or other debilitating factors, can distort your perspective (Psalm 127:2; 90:13-17).

## THE CURES

- A. *Self-examination*, confession, and repentance are the cures (Ps 32:3-6; 139:23-24; Pr 28:13).
- B. *Prayer* is the soul’s pleadings for deliverance from despondency (Ps 51:12; 85:6-8; 119:107).
- C. *Read the Bible* – its daily supply excels food (Job 23:12; Psalm 1:3; Rom 10:17; I Pet 2:1-3).
- D. *Make no provision* for your flesh to fulfill its lusts (Romans 13:14; Pr 4:14-18; II Tim 2:22).
- E. *Trust in God* by a clear conscious choice (I Sam 30:6; Ps 42:5,11; 43:5; 127:1-2; Is 26:3-4).
- F. *Visit the sanctuary* – every assembly – with proper preparation (Ps 73:2,17; 27:4; 63:1-2).
- G. *Godly friends* can comfort, encourage, exhort, and warn you (I Samuel 23:16; Psalm 119:63).
- H. *Spiritual saints* who praise the Lord – can also lift you (Ps 34:1-3; Mal 3:16; I Thess 4:18).
- I. *Godly music* will heal your wounds and lift your soul (I Sam 16:14-23; Eph 5:19; Jas 5:13).
- J. *Giving thanks* verbally to God and others is His will for your life (I Thess 5:18; Heb 13:15).
- K. *Serve others*, for there is a blessing in it, and the Lord will reward (Ac 20:35; Matt 20:26-28).
- L. *Praise by choice*, for the purpose of your life is to praise God (Jer 9:23-24; Ps 71:8; 135:3).

## For further study:

- 1. The sermon outline, “[Reviving First Love](#),” reviews and applies the Lord’s sober warning to the Ephesians.
- 2. The sermon outline, “[Awake Thou that Sleepest!](#)” warns carnal and slothful Christians from Ephesians 5:14.
- 3. The sermon outline, “[Praying for Soul Revival](#),” describes conviction, how to get it, and what to do with it.
- 4. The sermon outline, “[Walking with God](#),” defines and exalts this descriptive phrase of a godly life.
- 5. The sermon outline, “[The Heart of David](#),” describes David’s heart and the means he used to keep it.
- 6. The sermon outline, “[A Pure Heart](#),” details religion of the heart and God and man’s roles in perfecting it.