



# He Restores My Soul a 12 Step Journey Through Psalm 23 Discovery Book One

*Marcy Hawkins*

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## **He Restores My Soul a 12 Step Journey Through Psalm 23 Discovery Book One** Marcy Hawkins

He Restores My Soul: A 12 Step Journey through Psalm 23 follows the biblical path of recovery with Jesus at the center. The workbook brings alive the connection between what actually works in real life struggles with addiction and co-dependency and what God has revealed to us. The book in a very practical way takes one through the emotions, issues, and barriers that usually surfaces as one walks through the Steps. By embracing each line of David's 23rd Psalm, we experience the depth of our Shepherd's love for us. We allow Him to support our journey towards optimal health and wholeness. DISCOVERY- Book One, takes the reader through Steps 1, 2, and 3 and applies the first three lines of Psalm 23 so that we come to understand that we need a shepherd and that He will restore our sanity. The DISCOVERY found in the first three Steps in the care of The Good Shepherd is life changing!

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