




# Restore Your Blessings, O God!

Dig In Deeper  
A Study from Psalm 80

**Psalm 80** is a communal lament in which Israel cries out to God after abandoning Him and losing the blessings of His presence, protection, and provision. Using the structure Pastor Hooper taught—Problem/Pain, Pivot, Petition, and Praise—Min. Teel showed how this psalm reveals a people grieving their condition, remembering God’s past goodness, and recognizing that their suffering came from living outside His will.

At its core, their lament expresses a longing to return to the blessed life God intended—reminding us that dependence on God is not optional but the very requirement for experiencing His blessings.



## 1. Recognizing the Pain – The Honest Cry of Lament

### **Psalm 80:4–6**

The psalm begins with the people openly expressing their suffering. They describe being fed the “bread of tears” and being a source of ridicule among their neighbors. Lament psalms remind us that **God invites honest expressions of pain**. He does not expect us to ignore hardship or pretend everything is fine.

Even though Israel does not explicitly confess their sin in this psalm, the suffering they describe points to the consequences of drifting away from God’s ways. Their pain reflects the contrast between their current reality and the life God intended for them.

## Reflection Questions

- Where do you see pain or struggle in your life right now?
- Are you bringing that pain honestly before God, or trying to carry it alone?
- In this season of lament, what might God be inviting you to learn?

## Prayer

Lord, help me bring my struggles honestly to You. Teach me to trust You with my pain instead of hiding it.



## 2. Remembering God's Design – The Blessed Life

### Deuteronomy 28:1–6

When we read Psalm 80 alongside Deuteronomy 28, we see the contrast. God had promised Israel a life of blessing if they walked in obedience—protection, provision, and flourishing.

Their lament reveals that they **remember what life with God's favor looked like**, and they long to return to it. Often, when we feel distant from God, it is because we have drifted from the life He designed for us.

God's blessings are never merely about comfort; they are about living in **right relationship with Him**.

## Reflection Questions

- What does the “blessed life” with God look like according to Scripture?
- Are there areas where you may have drifted from God's design?
- As you return to God's will, what practices or steps will help you rebuild your trust and dependence on Him?

## Prayer

Father, remind me of the life You designed for me. Help me walk in obedience so that I may live close to You.



## 3. The Cry for Restoration – Seeking God’s Presence

### Psalm 80:3, 7, 19

Three times, the psalm repeats the same request:

*“Restore us, O God; cause Your face to shine, and we shall be saved.”*

This is the heart of the psalm. The people are not simply asking for relief—they are asking for **God’s presence to return**.

In Scripture, when God’s face shines upon His people, it represents **His closeness to them**—along with His favor, protection, provision, and covering. This echoes the blessing in **Numbers 6:24–26**.

As God continued over the generations to reveal His plan, He established a new covenant through Christ—bringing together both Jews and Gentiles as one people (see **Ephesians 2:13–22**). Under this new covenant, God no longer dwells only among His people—He now **indwells every man and woman who has placed their faith in Him** (see **1 Corinthians 6:19**).

This means our cry for “restoration” is not a request for God to return from a distance, but a call to **realign our hearts with the presence already within us**. We are invited to become more aware of, responsive to, and dependent on His Indwelling Spirit.

The psalm teaches us that true restoration still begins with God’s presence—but now, that restoration flows from within as we yield to Him.

## Reflection Questions

- Where in your life do you need to be restored to a greater awareness of God's presence within you?
- How is God inviting you to trust and depend on His Spirit in this season?

## Prayer

God, restore my heart and draw me close to You. Let Your presence shine on my life.



## 4. Hope in God's Faithfulness – Trusting His Restoration

### Psalm 80:17–18

Even in their distress, the people express hope that God will restore them. Lament always moves toward trust. The psalm reminds us that restoration is possible because **God is faithful to His people**.

God's desire has always been to bring His people back into relationship with Him. When we turn to Him, He responds with mercy and grace.

Our confidence is not in our own ability to fix things, but in God's willingness to **restore what has been broken**.

## Reflection Questions

- Do you believe God desires to restore what is broken in your life?
- What step of faith can you take today to turn back toward Him?

## Prayer

Lord, thank You that You are a God who restores. Help me trust in Your faithfulness and walk closely with You.



## **Closing Thought**

Psalm 80 reminds us that when life feels broken or distant from God, the answer is not despair—it is **return**.

May our prayer be the same as Israel's:

**“Restore us, O God; cause Your face to shine.”**