

## Summer of Psalms

A Quiet Soul – Psalm 131

July 29, 2018

But I have calmed and quieted my soul, like a weaned child with its mother; like a weaned child is my soul within me. – **Psalm 131:2**

### I. TOO GREAT AND TOO MARVELOUS

- King David was able to say with assurance that he was not intentionally prideful. Can we? (Rom. 12:3; James 4:10)
- There are some matters related to our faith that are simply beyond human reasoning. Can we be content to simply trust in God and obey? (Deut. 29:29; Ps. 115:3; 119:89-91; Eccl. 12:11-14)
- Humility is at the heart of this psalm, and it needs to be in our hearts as well (Matt. 18:1-4).

### II. CALMED AND QUIETED

- King David compares his state of mind with that of a young child that is able to rest in its mother's arms without craving to be fed.
- David's soul is content. Is your soul content? (Prov. 19:23; Phil. 4:11-12; 1 Tim. 6:6-8)
- Our hope is in the Lord, now and forevermore (vs. 3).
- When we are weaned from constantly thinking about ourselves, we begin to think about others (vs. 3).

### \*HOW MIGHT WE LIVE OUT THIS PSALM?

1. Ask the Lord to give you more faith (Mark 9:24; Rom. 12:3).
2. Ask the Lord to give you humility (James 4:10).
3. Practice the art of thinking of others more than you think of yourself (Phil. 2:3-4).
4. Learn the virtue of contentment. Practice it (Phil. 4:11-12).
5. Practice solitude. Wait on the Lord (Ps. 42:7; Lam. 3:25-26).
6. Learn to be comfortable with mystery. The depths of God's wisdom and plans will never be fully plumbed!

**KNOW:** Curiosity and a desire to know are part of what make us image bearers of God; we are not animals. Nevertheless, there is a peace that can only be known when we simply trust and let God be in control.

**DO:** Relax. Let God be God.

### Recommended Reading:

*Absolute Surrender* by Andrew Murray (LifePoint Library #248.421 MUR)

*Knowing God* by J.I. Packer (LifePoint Library# 231 PAC)

### Questions/Discovery Points for Life Groups/Families

#### Please read Psalm 131

1. What do you think is the overall state of being for King David as he writes this psalm?
2. Why is humility so necessary for a Christ-follower?
3. Is it wrong for us to want to know more about God? What is our best practice to get to know more of him?
4. Why is the picture of a weaned child so appropriate as a way to illustrate contentment?
5. What do you do to practice contentment? Why can that be so hard to accomplish?
6. What steps will you take to put this psalm to practice?