

Psalm 131: Keep Calm and Trust God

We can enjoy inner calm and quiet if we place our confidence in God.

1. I am not God v1a ESV

O Lord, my heart is not lifted up; my eyes are not raised too high.

a. I know there is a God and I am not him

b. I am not proud

v1a NIV *My heart is not proud, Lord, my eyes are not haughty.*

Psalm 16:5-6, Proverbs 18:12, Philippians 4:11-12

c. I am not in control

Isaiah 30:15, Proverbs 16:9

2. I don't know it all v1b

I do not occupy myself with things too great and too marvelous for me.

a. I don't need to know it all

b. God will teach me what I need to know

2 Peter 1:3

3. I cultivate a tranquil internal reality v2

But I have calmed and quieted my soul, like a weaned child with its mother; like a weaned child is my soul within me.

a. I am content to let God wean me

b. I use cultivation tools

- Velocity
- Volume
- enVironment

4. I have hope v3

O Israel, hope in the Lord from this time forth and forevermore.

Ephesians 3:20-21, Psalm 130:5

Psalm 131: Reflection Questions

- What things make it most challenging for you to have a calm and quiet soul?
- How does God want to give you a more accurate view of who he is to help you have confidence in him and trust him?
- How does God want to give you a more accurate view of yourself as his beloved weaned child?
- What practical tools could you use to help you cultivate a calm and quiet soul?