

Psalm 131

This moment in our world exposes ways we have been self-sufficient and pushes us to find our true hope and confidence in God alone.

*Lord, my heart is not proud;
my eyes are not haughty.*

*I don't concern myself with matters too great
or too awesome for me to grasp.*

*Instead, I have calmed and quieted myself,
like a weaned child who no longer cries for its mother's milk.*

Yes, like a weaned child is my soul within me.

*O Israel, put your hope in the Lord—
now and always. (Psalm 131)*

Application

1. Read Psalm 131 together. What does it mean to have your soul weaned? What matters have you concerned yourself with that are too great to grasp?
2. It is better to live with the *tension* that humility creates than the *responsibility* that arrogance creates. Have you found yourself to react to our circumstances arrogantly or anxiously?
3. What are you trusting in that has now been disrupted? What feels threatened?
4. Has your false hope led you to paralysis or hyperactivity, or have you found that your soul is weaned? How can you calm and quiet yourself?
5. We have an opportunity to grow and move towards God. How can you make yourself available for that kind of work?

Key Points

- My soul can rest and trust when I do not have answers or control and no access to either of those things.
- We have God, but more importantly, he has us. We are his people.
- Hope does have concern over real issues but is not paralyzed in despair.