A PILGRIMAGE THROUGH PSALM 131

CALM
QUIET
HOPE
TRUST
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TRUST

LESSON 3
A PILGRIMAGE THROUGH PSALM 131

Lesson 3

Calm
Quiet
Hope
Trust
ICEBREAKER

Where do you like to go to find calm and quiet?
(either past or present)
PSALM 131
(OPENING PRAYER)

Lord, my heart is not proud; my eyes are not haughty. I do not get involved with things too great or too wondrous for me. Instead, I have calmed and quieted my soul like a weaned child with its mother; my soul is like a weaned child. Put your hope in the Lord, both now and forever.
Psalm 131 “is one of the shortest psalms to read, but one of the longest to learn. It speaks of a young child, but it contains the experience of a man in Christ. Lowliness and humility are here seen in connection with a sanctified heart, a will subdued to the mind of God, and a hope looking to the Lord alone. Happy is the man who can, without falsehood, use these words as his own; for he wears about him the likeness of his Lord, who said, "I am meek and lowly in heart."
“There are steps in this Song of Degrees: it is a short ladder, if we count the words; but yet it rises to a great height, reaching from deep humility to fixed confidence.”
Instead, I have calmed and quieted my soul
INSTEAD
A preferred alternative or a replacement in place of something else. Suggest that of the choices available, one is favored. Asks us to choose the preferred over the popular.
“Instead of proud pursuits, [the Psalmist] is determined to find satisfaction and serenity of soul, content with God and His works.”
Do not be proud; instead, associate with the humble.

ROMANS 12:16, CSB
Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. 

2 Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.
Don’t conform
INSTEAD
Be transformed

ROMANS 12:2, NIV
9 Let love be without hypocrisy. Detest evil; cling to what is good. 10 Love one another deeply as brothers and sisters. Take the lead in honoring one another. 11 Do not lack diligence in zeal; be fervent in the Spirit; serve the Lord. 12 Rejoice in hope; be patient in affliction; be persistent in prayer. 13 Share with the saints in their needs; pursue hospitality. 14 Bless those who persecute you; bless and do not curse. 15 Rejoice with those who rejoice; weep with those who weep. 16 Live in harmony with one another. Do not be proud; instead, associate with the humble. Do not be wise in your own estimation. 17 Do not repay anyone evil for evil. Give careful thought to do what is honorable in everyone’s eyes. 18 If possible, as far as it depends on you, live at peace with everyone.
Instead, I have calmed and quieted my soul.
“It is no easy thing to quiet yourself: sooner may a man calm the sea, or rule the wind, or tame a tiger, then quiet himself. We are clamorous, uneasy, petulant; and nothing but grace can make us quiet under afflictions, irritations, and disappointments.”

CHARLES SPURGEON
COMMENTARY ON PSALM 131
FACTORS THAT EFFECT OUR CALM AND QUIET SOUL

INTERNAL: clamorous, uneasy, petulant

EXTERNAL: under afflictions, irritations, and disappointments
Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us...

HEBREWS 12: 1 (NIV)
FACTORS THAT EFFECT OUR CALM AND QUIET SOUL

INTERNAL:
clamorous, uneasy, petulant
sin that entangles

EXTERNAL:
under afflictions, irritations, and disappointments
everything that hinders
“It is no easy thing to quiet yourself: sooner may a man calm the sea, or rule the wind, or tame a tiger, then quiet himself. We are clamorous, uneasy, petulant; and nothing but grace can make us quiet under afflictions, irritations, and disappointments.”
35 On that day, when evening had come, he told them, “Let’s cross over to the other side of the sea.” 36 So they left the crowd and took him along since he was in the boat. And other boats were with him. 37 A great windstorm arose, and the waves were breaking over the boat, so that the boat was already being swamped. 38 He was in the stern, sleeping on the cushion. So they woke him up and said to him, “Teacher! Don’t you care that we’re going to die?” 39 He got up, rebuked the wind, and said to the sea, “Silence! Be still!” The wind ceased, and there was a great calm.
25 Shortly before dawn Jesus went out to them, walking on the lake. 26 When the disciples saw him walking on the lake, they were terrified. “It’s a ghost,” they said, and cried out in fear. 27 But Jesus immediately said to them: “Take courage! It is I. Don’t be afraid.” 28 “Lord, if it’s you,” Peter replied, “tell me to come to you on the water.” 29 “Come,” he said.
Then Peter got down out of the boat, walked on the water and came toward Jesus. 30 But when he saw the wind, he was afraid and, beginning to sink, cried out, “Lord, save me!” 31 Immediately Jesus reached out his hand and caught him. “You of little faith,” he said, “why did you doubt?” 32 And when they climbed into the boat, the wind died down.
“It is no easy thing to quiet yourself: sooner may a man calm the sea, or rule the wind, or tame a tiger, then quiet himself. We are clamorous, uneasy, petulant; and nothing but grace can make us quiet under afflictions, irritations, and disappointments.”

CHARLES SPURGEON
COMMENTARY ON PSALM 131
Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith.
“It is no easy thing to quiet yourself: sooner may a man calm the sea, or rule the wind, or tame a tiger, then quiet himself. We are clamorous, uneasy, petulant; and nothing but grace can make us quiet under afflictions, irritations, and disappointments.”

CHARLES SPURGEON
COMMENTARY ON PSALM 131
Lord, my heart is not proud; my eyes are not haughty. I do not get involved with things too great or too wondrous for me. Instead, I have calmed and quieted my soul like a weaned child with its mother; my soul is like a weaned child. Put your hope in the Lord, both now and forever.
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A PLIGRIMIDGE THROUGH
PSALM 131