A PILGRIMAGE THROUGH PSALM 131
ICEBREAKER

What is something that you would have a difficult time giving up?
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 nurtures a quality of calm confidence and quiet strength that knows the difference between unruly arrogance and faithful aspiration, knows how to discriminate between infantile dependency and childlike trust, and chooses to aspire and to trust—and to sing, “I’ve kept my feet on the ground, I’ve cultivated a quiet heart. Like a baby content in its mother’s arms, my soul is a baby content.”
I have calmed and quieted my soul like a weaned child with its mother; my soul is like a weaned child.
TWO VIEWS:

1: A Child content after being fed, our souls find contentment in Jesus.

2: Weaning is a sign of maturity, leaving behind childish ways and developing trust.
But I have calmed and quieted my soul, like a child quieted at its mother’s breast; like a child that is quieted is my soul. (Revised Standard Version)

I keep myself calm and quiet, like a little child on its mother’s lap — I keep myself like a little child. (Complete Jewish Bible)

No, right now I am calm and quiet, like a child after nursing, content in its mother’s arms. (Easy-to-Read Version)
Like a baby content in its mother’s arms, my soul is a baby content. (Message)

I composed and quieted my desire, like a child given suck by his mother; like a child who sucks is my desire within me. (Modern English Version)
Once [our soul] was restless and fretful, a mere burden, exhausting him with this incessant demands, distracting him with peevish and opposed desires, but now it is come back to him quiet, peaceful, gentle.
Like newborn babies, crave pure spiritual milk, so that by it you may grow up in your salvation, now that you have tasted that the Lord is good.

1 PETER 2: 2-3 (NIV)
But I have calmed and quieted my soul before you. **Satisfied**, like a nursing child in your arms. **Satisfied**, I have quieted my soul in you.
Nursing: like a child after nursing
I have calmed and quieted my soul, like a child quieted at its mother’s breast; like a child that is quieted is my soul. (RSV)

Weaned: like a weaned child with its mother.
I have calmed and quieted my soul like a weaned child with its mother; my soul is like a weaned child. (CSB)
The process of weaning may seem strange and terrible to the child, but it is necessary for the child’s development. The weaned child comes to realize that the denial of one of the mother’s gifts does not mean denial of the mother’s presence. He comes to love the mother herself instead of the gift received from her.
A child not-yet weaned embraces his mother with the thought of food and immediate satisfaction. A weaned child embraces his mother out of a desire for love, closeness, and companionship.
If a man thus compels his "soul" to cease its cravings for what earth can give, he will have to disregard its struggles and cries, but these will give place to quietness; and the fruition of the blessedness of setting all desires on God will be the best defense against the recurrence of longings once silenced.
1 Peter 2: 2 (NIV)
Like newborn babies, crave pure spiritual milk, so that by it you may grow up in your salvation…

1 Corinthians 3:1-2 (NLT)
When I was with you, I couldn’t talk to you as I would to spiritual people. I had to talk as though you belonged to this world or as though you were infants in Christ. I had to feed you with milk, not with solid food, because you weren’t ready for anything stronger. And you still aren’t ready.
1 CORINTHIANS 13:11-12

When I was a child, I spoke like a child, I thought like a child, I reasoned like a child. When I became a man, I put aside childish things. 12 For now we see only a reflection as in a mirror, but then face to face. Now I know in part, but then I will know fully, as I am fully known.
When I was a child, I spoke like a child, I thought like a child, I reasoned like a child. When I became a man, I put aside childish things. 12 For now we see only a reflection as in a mirror, but then face to face. Now I know in part, but then I will know fully, as I am fully known.
How hard the struggle had been, how much bitter crying and petulant resistance there had been before the calm was won...

While being weaned it sobs and struggles, and all its little life is perturbed. So no man comes to have a quiet heart without much resolute self-suppression. So the man who has manfully taken in hand his own weaker and more yearning nature, and directed its desires away from earth by fixing them on God, is freed from the misery of hot desire, and passes into calm.
1 Peter 1: 6-7
Rejoice in this, even though now for a short time, if necessary, you suffer grief in various trials so that the proven character of your faith—more valuable than gold which, though perishable, is refined by fire—may result in praise, glory, and honor at the revelation of Jesus Christ.

James 1: 2-4, NLT
When troubles of any kind come your way, consider it an opportunity for great joy. For you know that when your faith is tested, your endurance has a chance to grow. So let it grow, for when your endurance is fully developed, you will be perfect and complete, needing nothing.
We curb our pride, our concern for the strong, the powerful and heroic, and we remain quiet and content in Yahweh as a child who has been weaned from its mother, and who has begun to live freed from infantile demands and dependencies. We then call ourselves back to the real source of hope - Yahweh, and not ourselves.
Psalm 131 is a tender and intimate song. It is simple but not simplistic. It displays childlike trust, but it is not childish. It is not sung this side of trouble; it has walked through it. It is a song of mature faith. It may even be called a song for midlife crisis. This psalm of trust has confronted the crises of the adult life.

STEPHEN SHOEMAKER, Psalm 131, 91-92
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.
CALM.
QUIET.
HOPE.
TRUST

A PLIGRIMIDGE THROUGH PSALM 131