

**WEEK TWO**  
**THE WEEK AHEAD:**  
**PRIDE. AMBITION. ARROGANCE**

**LEADERS:** Use this supplemental guide to help prepare your class for the week ahead, including the Daily Devotional, Artistic Expression, and our Spiritual Practice.

**QUOTE:** Bernard Robinson

*When the Psalmist says, ‘my heart is not proud; my eyes are not haughty,’ he is speaking of the whole self, but with special reference to his heart and his eyes. In that culture the heart would refer to his way of thinking and eyes to a way of looking at things, perspective. These two add up to a single thought, the renunciation of arrogance. When the Psalmist says to not get ‘involved with things too great or too wondrous,’ he is saying that we are not to seek self-aggrandizement and glory. Greatness and the marvelous pertain more to God than mankind.<sup>17</sup>*

**DAILY DEVOTIONAL:**

This week we will take a deeper look into verse 1 and more deeply explore the themes of pride, ambition, and arrogance. We will use examples from the New Testament to help us better understand how these things corrupt our lives and look at a selection of Proverbs 3.

This week you will start and end each lesson with our breathing prayer and reading Psalm 131:1. Each day we will close with praying Psalm 131. This week you will also listen to two songs to help lead your heart in worship, the first is the chant by John Michael Talbot and the second is also by John Michael Talbot entitled *Psalm 131 (Come to the Quiet)*.

This week’s devotional also invites you to spend some time journaling. Writing in a journal is a helpful way to process what you are learning, “to scrutinize all aspects of life and to find God in the midst of the mess.”<sup>18</sup> Journals provide a place to record your personal observations and reflections. Journals help you compose your prayers and stay focused as you pour your heart out to God. Imagine you are writing God a letter, expressing your thoughts and feelings about various things. No special materials are needed for your journaling experience. Please use what you have available on hand. “There is no “right” or “best” way to organize a journal. The most important principle is to just begin”<sup>19</sup>

**ARTISTIC EXPRESSION:** “He will make your path straight”

This week you are invited to create an artistic representation of the path of your life. Think of the turns along the winding path that represent times you leaned on your own understanding. Think about how those moments were led by a proud heart [pride], haughty eyes [ambition], and focusing on things too great and wondrous. Reflect on the moment where the path begins to straighten, when you stop relying on your own understanding and surrender your ways to God.

As you reflect on your life’s journey, allow God to invigorate your creative juices. Create the map of your life with all the twists, turns, and straight paths. Also look to the future. What do you hope your path will look like? Are they straight or winding? What is the destination for your pilgrimage?

Put pencil to paper, paint to canvas, thread to needle, create a video, compose a song, choose whatever medium inspires you. Include illustrations to symbolize specific moments. Add any flourishes, verses, words, memories to make this personal.

*Use the supplemental guide for more detailed instructions.*

<sup>17</sup> Robinson, Bernard P.. *Form and Meaning in Psalm 131*. 182-183

<sup>18</sup> Budd, Luann. *Writing for Spiritual Growth*, pg. 13.

<sup>19</sup> *ibid*

**SPIRITUAL PRACTICE: Lectio Divina**

Lectio Divina, Latin for Divine Reading, is an ancient prayer practice that allows us to connect with God through interacting with His written Word. Through this practice we are inviting God to speak to us as we read and meditate on a passage of scripture. We will read through Psalm 131 four times each time asking God to speak and reveal his truth to us. Lectio Divina journeys through four movements: read, reflect, respond and rest; it is designed to draw a person closer to God.

Find a quiet place that minimizes distraction where you can calm your heart and open your soul to God. Take some time to slow your breathing and release your worries to God. Then we will walk through each movement, pausing between each reading, to allow God to speak to you.

*Use the supplemental guide for more detailed instructions.*

**ADDITIONAL RESOURCES:** If your group does not go through these, people can use these supplemental guides on their own or with others.

- **VIDEO DISCUSSION GUIDE: Proud and Haughty**
- **JESUS CONNECTION: The Rich Young Ruler**

**RETURN:**

Go back to the main lesson. Wrap up with the *CLOSING TIME* prayer or choose an additional option in *PATHS FOR THE JOURNEY*