

**WEEK THREE  
YOUTH DAILY DEVOTIONAL**

**Instead, I have calmed and quieted my soul**

This week we are moving from verse one to verse two, inviting Jesus to move us out of our prideful hearts and into our quiet souls. We will consider how letting go of who we are is an act of surrender and embracing the calming presence of Jesus is a call to a life of humility. As we journey together this week, we will look at two stories where Jesus brings calm into a chaotic situation. We will conclude with Jesus welcoming the weary and burdened to come to him in order to find rest for our souls.

---

**DAY ONE: Instead**

**BREATHE:** Calm. Quiet. Hope. Trust.

Take a few minutes and practice our breathing prayer as you come into God's presence. Calm your heart. Quiet your soul. Hope in the Lord. Trust now and always. Calm. Quiet. Hope. Trust.

**MUSIC:** Listen to Psalm 131 by Sarah Sparks

**MEDITATE:** Close your eyes and think of these words, "I will calm and quiet my souls, and I believe. Help my unbelief." Sit in silence for at least one minute.

**READ: Psalm 131: 1-2a**

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.

**Verse two starts with the word "INSTEAD". Instead suggests there are** choices available, but one of the options is preferred. Instead asks to choose the preferred over the popular. Psalm 131 suggests that the popular choice might be pride and arrogance, but the preferred is to calm and quiet.

**QUOTE:** "Instead of proud pursuits, [the Psalmist] is determined to find satisfaction and serenity of soul, content with God and His works."<sup>25</sup> - David Guzik

**CONSIDER**

- Why is pride and arrogance the popular option?
- Why is a calm and quiet soul preferred?
- Which do you tend to lean toward?

**Journal:** What choices are awaiting you today? How would you typically respond? How might Jesus want you to respond?

**CLOSING PRAYER: Psalm 131 (NLT)**

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. Put your hope in the Lord— now and always. Amen.

---

<sup>25</sup> *The Enduring Word Bible Commentary by David Guzik*

**BREATHE:** Calm. Quiet. Hope. Trust.

**DAY TWO:** Jesus Calms the Storm

**BREATHE:** Calm. Quiet. Hope. Trust.

Take a few minutes and practice our breathing prayer as you come into God's presence. Calm your heart. Quiet your soul. Hope in the Lord. Trust now and always. Calm. Quiet. Hope. Trust.

**MUSIC:** Listen to Psalm 131 by Sarah Sparks

**MEDITATE:** Close your eyes and think of these words, "I will calm and quiet my souls, and I believe. Help my unbelief." Sit in silence for at least one minute.

**READ: Psalm 131: 1-2a**

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.

**READ:** Mark 4: 35-41 (also in Matthew 8:23-27 & Luke 8:22-25)

35 As evening came, Jesus said to his disciples, "Let's cross to the other side of the lake." 36 So they took Jesus in the boat and started out, leaving the crowds behind (although other boats followed). 37 But soon a fierce storm came up. High waves were breaking into the boat, and it began to fill with water.

38 Jesus was sleeping at the back of the boat with his head on a cushion. The disciples woke him up, shouting, "Teacher, don't you care that we're going to drown?"

39 When Jesus woke up, he rebuked the wind and said to the waves, "Silence! Be still!" Suddenly the wind stopped, and there was a great calm. 40 Then he asked them, "Why are you afraid? Do you still have no faith?"

41 The disciples were absolutely terrified. "Who is this man?" they asked each other. "Even the wind and waves obey him!"

#### CONSIDER

- How was chaos being experienced in this passage? How do the disciples respond to the chaotic situation?
- How does Jesus respond to the chaos? How does Jesus bring calm?
- What is the disciples' response? Why? How would you have responded? Why?
- How might the chaos in your life be reflected in the storm at sea? How are you reacting to the storms?

**MEDITATE:** Close your eyes and think of these words, "The wind ceased, and there was a great calm." Sit in silence for at least a minute.

**JOURNAL:** What is keeping you from having a calm and quiet soul today? Invite Jesus into your storms and ask him to calm and quiet your soul.

**CLOSING PRAYER: Psalm 131 (NLT)**

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. Put your hope in the Lord— now and always. Amen.

**BREATHE:** Calm. Quiet. Hope. Trust.

**DAY THREE:** Jesus and Peter Walking on Water**BREATHE:** Calm. Quiet. Hope. Trust.

Take a few minutes and practice our breathing prayer as you come into God's presence. Calm your heart. Quiet your soul. Hope in the Lord. Trust now and always. Calm. Quiet. Hope. Trust.

**READ: Psalm 131: 1-2a**

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.

**MUSIC:** Listen to Psalm 131 by Sarah Sparks**READ:** Matthew 14: 22-33 (also in Mark 6:45-53 & John 6:15-21).

Jesus insisted that his disciples get back into the boat and cross to the other side of the lake, while he sent the people home. 23 After sending them home, he went up into the hills by himself to pray. Night fell while he was there alone. 24 Meanwhile, the disciples were in trouble far away from land, for a strong wind had risen, and they were fighting heavy waves. 25 About three o'clock in the morning Jesus came toward them, walking on the water. 26 When the disciples saw him walking on the water, they were terrified. In their fear, they cried out, "It's a ghost!"

27 But Jesus spoke to them at once. "Don't be afraid," he said. "Take courage. I am here!" 28 Then Peter called to him, "Lord, if it's really you, tell me to come to you, walking on the water." 29 "Yes, come," Jesus said. So, Peter went over the side of the boat and walked on the water toward Jesus. 30 But when he saw the strong wind and the waves, he was terrified and began to sink. "Save me, Lord!" he shouted.

31 Jesus immediately reached out and grabbed him. "You have so little faith," Jesus said. "Why did you doubt me?" 32 When they climbed back into the boat, the wind stopped. 33 Then the disciples worshiped him. "You really are the Son of God!" they exclaimed.

**REFLECT:**

- What was causing the disciples to fear? How does Jesus respond to their fear?
- Why does Peter step out of the boat? What causes him to sink?
- How does Jesus respond to Peter's sinking?
- What is the disciples' response to Jesus?

**MEDITATE:** Imagine Jesus is reaching out his hand. Reach out and grasp it. Imagine him rescuing you from sinking. What thoughts and emotions come to mind as you are rescued from sinking?

**JOURNAL:** What is causing you to sink? What is stealing your focus from Jesus? How are they keeping you from having a calm and quiet soul? Cry out, "Lord, save me!"?

**CLOSING PRAYER: Psalm 131 (NLT)**

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. Put your hope in the Lord— now and always. Amen.

**BREATHE:** Calm. Quiet. Hope. Trust

**FOUR: Be Still, Calm and Quiet****BREATHE:** Calm. Quiet. Hope. Trust.

Take a few minutes and practice our breathing prayer as you come into God's presence. Calm your heart. Quiet your soul. Hope in the Lord. Trust now and always. Calm. Quiet. Hope. Trust.

**READ: Psalm 131: 1-2a**

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.

**MUSIC:** Listen to Psalm 131 by Sarah Sparks

**QUOTE:** "God, my heart is often proud and haughty. I desire for things to be busy and rushed. I get bored and nervous in the quiet. I turn to my phone and look for ways to find meaning. Work, tasks, something that says, 'I have meaning.'" - Dave Reiss

**CONSIDER:**

- How do you respond when you are quiet? Do you embrace or do you look for distraction?
- What things do you do to avoid quiet? How do we expect them to bring meaning?
- Why do we find it difficult to come to the quiet? What is it about the quiet that makes us nervous?
- What is the benefit of calming and quieting our soul?

**Psalm 46:10** says, "Be still, and know that I am God!"

- Is it easy for you to be still? Why or why not?
- How does being still, calming our heart, and quieting our soul, help us know God better? Why?

**MEDITATE:** Close your eyes and think of these words, "Be still, and know that I am God!" Repeat them a few times. Be still and sit in silence for two minutes.

**JOURNAL:** Write out the things that steal your focus from God, the things that distract you from quieting your soul. Confess your need for calm and quiet and ask God to still your soul.

**CLOSING PRAYER: Psalm 131 (NLT)**

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. Put your hope in the Lord— now and always. Amen.

**BREATHE:** Calm. Quiet. Hope. Trust

**DAY FIVE: “Come to Me.” - Jesus****BREATHE:** Calm. Quiet. Hope. Trust.

Take a few minutes and practice our breathing prayer as you come into God’s presence. Calm your heart. Quiet your soul. Hope in the Lord. Trust now and always. Calm. Quiet. Hope. Trust.

**READ: Psalm 131: 1-2a**

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.

**MUSIC:** Listen to Psalm 131 by Sarah Sparks**READ MATTHEW 11: 28-30.**

Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. 29 Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. 30 For my yoke is easy to bear, and the burden I give you is light.”

**CONSIDER:**

- Who does Jesus invite? Does that include you?
- What does he promise those who come? Is that promise for you?
- What does he say about himself? Do you believe him?
- What does it mean that his yoke is easy & light? Is your current yoke heavy or light?
- Do you need rest for your soul? Why?

**JOURNAL:** Jesus said, “Come to me, all of you who are weary and carry heavy burdens.” (Matthew 11: 28) What are the things that are making you weary and what is burdening you? Ask Jesus to give you rest**MEDITATE:** Close your eyes and imagine you are coming to Jesus weary and burdened. Slowly remove those burdens and lay them at Jesus' feet. Now picture Jesus saying to you “Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace” (from the Message. Sit in silence for at least a minute.**CLOSING PRAYER: Psalm 131 (NLT)**

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. Put your hope in the Lord— now and always. Amen.

**BREATHE:** Calm. Quiet. Hope. Trust