

**WEEK FOUR**  
**ADULT DEVOTIONAL**  
**A Weaned Child**

*I have calmed and quieted my soul like a weaned child with its mother; my soul is like a weaned child. - Psalm 131:2*

**OVERVIEW:**

Eugene Peterson writes, “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.’”<sup>1</sup> (Peterson, 158)

This week in our pilgrimage, we will examine what it means to be a child of faith. Psalm 131 compels us to find rest and contentment in God’s arms while inspiring us to grow and mature. This week we will wrestle with what it means to be weaned in faith, to forgo instant comfort to grow and mature. Our journey through life should not be about comfort and ease, but of flourishing as we leave behind our childish ways and as we strive to know God fully. In a weird twist of spiritual wisdom, we must mature while we maintain the heart of a child.

**Continue to Grow by** Dave Reiss

I was like a newborn baby; my heart was proud and my eyes haughty  
 I craved pure spiritual milk of salvation, crying out for nourishment  
 I was a child. I spoke like a child, I thought like a child, I reasoned like a child.  
 But I needed to grow, I needed solid food.  
 My soul was weaned, and I put aside childish things.  
 I am learning to calm and quiet my soul, to place my hope in Him.  
 I see only a small part, a dim reflection, but I continue to grow.  
 I do not get involved with things too great or wondrous  
 I don’t know fully, but in him, I am fully known.  
 I will put my hope in the Lord,  
 for in him there is faithful love and redemption in abundance.  
 Trust in Him, o my soul, continue to grow, both now and forever.

**SOUNDTRACK:** This week we introduce to you Psalm 131 by Jewish American rapper, singer, songwriter, and spoken word artist; Ari Lesser. He sings, “My soul and I are to each other, like a child and its mother.”

**ARTISTIC EXPRESSION:** With this week’s focus on moving from a child to adulthood, while finding comfort with their parent. Create three images (Draw, color, paint, sculpt, write, rhyme) of a child coming to Jesus (consider you being the child). In your **first expression**, imagine yourself as a young child and how they would express that image. The **second expression** recreate the same work as would have as a teenager. The **third expression** recreate this image, in your current mode of artistic expression. Compare and consider how these expressions have evolved and relate that to your relationship to God. *See the supplemental guide for more instruction.*

**PRAYER PRACTICE:** Centering Prayer

Centering prayer is a contemporary form of an ancient Christian prayer practice that takes us gently into a deeper and deeper intimacy with God. We are invited to be still and silent with the Divine. We sit down with the intention to consent to both the presence and action of the Holy Spirit within us, inviting Him to heal and transform us.<sup>2</sup> In centering prayer, we use a single word (not a phrase) to focus on God and prepare ourselves for the gift of God’s presence. *See the supplemental guide for more instruction.*

<sup>1</sup> Peterson, pg. 158

<sup>2</sup> Thomas Keating, *Open Mind, Open Heart*.

**DAY ONE: A RESTLESS CHILD****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.

**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. Amen

**MUSIC:** Listen to Psalm 131 chant by John Michael Talbot**READ: Psalm 131:2**

I have calmed and quieted my soul like a weaned child with its mother; my soul is like a weaned child.

**QUOTE:** Samuel Cox

Our souls are "restless and fretful, a mere burden, exhausted with incessant demands, distracted with peevish and opposed desires."<sup>3</sup>

**INTERACT: Psalm 55:**

The Psalmist is feeling restless and fretful. He has faced betrayal and anguish. Underline the ways that your restless heart resonates with the psalmist. Realize that it is ok to bring your troubled heart to God. He desires for you to be real, not hiding behind pretense or ritual.

**READ Psalm 55:22 (NIV)**

Cast your cares on the LORD and he will sustain you; he will never let the righteous be shaken.

**JOURNAL:** Is your soul feeling restless, fretful, burdened, exhausted, and distracted? Share with God how you are feeling that way and the things that are keeping you from calm. Share with God the things that a burdening you. Let him comfort you, like a child at rest in their parent's arms.

**READ Psalm 131 (Message)**

Like a baby content in its mother's arms, my soul is a baby content. (Message)

**MEDITATE:** Image you are a child at rest in the arms of God. During that time surrender distractions, burdens, and restlessness. Give all your worries to God and find rest for your soul.

**MUSIC:** Listen Psalm 131 by Ari Lesser

**CLOSING 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. Amen

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

---

<sup>3</sup> Cox, Samuel. The Pilgrim Psalms

**DAY TWO: TASTE AND SEE****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.

**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. Amen

**MUSIC:** Listen to Psalm 131 chant by John Michael Talbot**READ: Psalm 131:2**

I have calmed and quieted my soul like a weaned child with its mother; my soul is like a weaned child.

**READ: 1 Peter 2: 2-3 (NLT)**

Like newborn babies, you must crave pure spiritual milk so that you will grow into a full experience of salvation. Cry out for this nourishment now that you have had a taste of the Lord's kindness.

**CONSIDER:**

- What is "pure spiritual milk" and how does it nourish?
- How does consuming this "spiritual milk" calm and quiet our souls?
- How have you tasted the Lord's kindness in the past?
- How can you find comfort in his salvation, today?

**INTERACT:** Read Psalm 34: 8-14.

"Peter describes the word of God as 'pure spiritual milk'...A Christian should be eager to read and listen to God's word. This will help them to become mature."<sup>4</sup> As you read through this Psalm, "taste and see" the milk for your soul. Underline the phrases that bring nourishment to your soul.

**JOURNAL:** Are you in need of spiritual nourishment? How can you taste and see God's goodness today? Confess your need to fear God more fervently.

**MUSIC:** Listen Psalm 131 by Ari Lesser

**CLOSING 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. Amen

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

---

<sup>4</sup> Pocock, Helen. Easy English Commentary [www.easyenglish.bible/bible-commentary/1peter-lbw.htm](http://www.easyenglish.bible/bible-commentary/1peter-lbw.htm)

**DAY THREE: YOUR SPIRITUAL DIET****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.

**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. Amen

**MUSIC:** Listen to Psalm 131 chant by John Michael Talbot

**READ: Psalm 131:2**

I have calmed and quieted my soul like a weaned child with its mother; my soul is like a weaned child.

**READ:** 1 Corinthians 3: 1-3

Brothers and sisters, I was not able to speak to you as spiritual people but as people of the flesh, as babies in Christ. 2 I gave you milk to drink, not solid food, since you were not yet ready for it. In fact, you are still not ready, 3 because you are still worldly. For since there is envy and strife among you, are you not worldly and behaving like mere humans?

**CONSIDER:** Peter suggests that we crave pure spiritual milk so that we can taste and see God's goodness of salvation. While digesting spiritual milk of salvation is important, it is not the end goal of our spiritual development. When we only focus on our own salvation, our faith can become self-centered, "behaving like mere humans."

**CONSIDER:**

- What was Paul's expectation for the Corinthian church? Why was he frustrated with them?
- Why is he so upset with them for being 'worldly' and 'behaving like mere humans'?
- How does Paul's desire to feed them "solid food" connect with psalmists' idea of weaning?

**JOURNAL:** What does your spiritual diet look like? Are you only consuming spiritual milk or are you eating solid food? What are some ways you could grow in your faith? What are things that need to be weaned for your soul to be calm and quiet?

**READ: Psalm 131:2 (CSB)**

I have calmed and quieted my soul like a weaned child with its mother; my soul is like a weaned child.

**MUSIC:** Listen Psalm 131 by Ari Lesser

**CLOSING 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. Amen

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

**DAY 4: A MATURING FAITH**

**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.

**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. Amen

**MUSIC:** Listen to Psalm 131 chant by John Michael Talbot

**READ: Psalm 131:2**

I have calmed and quieted my soul like a weaned child with its mother; my soul is like a weaned child.

**REFLECT:** How has your faith grown and matured over the past ten years? Are there areas that you have seen significant growth? What are some areas of weakness?

**READ: 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.

**CONSIDER:** This Apostle Paul reminds us that we are on a continual trajectory of spiritual growth and that we will never fully understand the depths of God while on this side of eternity. We start as children, craving spiritual milk, but we do not stop there. We must wean ourselves from a self-centered faith and continually move toward spiritual maturity. This means moving past a childish understanding of faith and wrestling with the mysteries of God, knowing we will never fully arrive.

**JOURNAL:** How do you still reason like a child in your faith? How can you put aside these childish things? What are your hopes for your spiritual development?

**MEDITATE:** "Now I know in part, but then I will know fully, as I am fully known" (1 Corinthians 13:12b, CSB). Rest in the assurance that you are fully known by God.

**READ: Psalm 131:2 (CSB)**

I have calmed and quieted my soul like a weaned child with its mother; my soul is like a weaned child.

**MUSIC:** Listen Psalm 131 by Ari Lesser

**CLOSING 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. Amen

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

**DAY FIVE: THE HEART OF A CHILD****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 131:2**

I have calmed and quieted my soul like a weaned child with its mother; my soul is like a weaned child.

**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. Amen

**MUSIC:** Listen to Psalm 131 chant by John Michael Talbot

**INTERACT:** Talbot begins this chant quoting Jesus: "Unless you acquire the heart of a child you cannot enter the kingdom of God." Read Matthew 18:1-5 & Mark 10:13-16. Circle every mention of children and underline what Jesus says about them.

- What does Jesus say about children? How does he relate children to a person's faith? What do you think it means to be humble like a child? What does it mean to receive the kingdom like a child?
- Is Jesus teaching in conflict with what we see in Psalm 131 about a weaned child? Does this go against Paul's writings on spiritual maturity, and putting aside childish things? Why or why not?
- What might be the differences between a child-like faith and a childish faith?
- What does it mean to have a heart of a child, as opposed to a proud, haughty, and arrogant heart?
- How we can continue to mature while maintaining the heart of a child.

**READ: 1 Corinthians 14:20:**

Brothers and sisters don't be childish in your thinking but be infants in regard to evil and adults in your thinking.

**JOURNAL:** What are some ways that you need to embrace a child-like faith? What are some ways that need to grow and mature in faith? How can you put into practice a balance of child-like maturity?

**READ: Psalm 131:2 (CSB)**

I have calmed and quieted my soul like a weaned child with its mother; my soul is like a weaned child.

**MUSIC:** Listen Psalm 131 by Ari Lesser

**CLOSING 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. Amen

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