

**WEEK SIX  
FAMILY DEVOTIONAL**

Hope in the Lord

**OVERVIEW:**

This is our final week in our journey through Psalm 131. During this trek we have talked about walking with Jesus, how pride can hurt our lives, how Jesus calms our hearts, talked about growing in faith, and rewritten this short psalm in our own words. For our final week, we will focus on hope. The last verse says, “put your hope in the Lord, now and forever.” Charles Spurgeon writes, “Psalm 131:3 is a lesson of experience: a person of God who has been taught to renounce the world and lean upon the Lord alone, he exhorts his friends and companions to do the same. He found it a blessed thing to live by hope, and therefore he would have all his kinsmen through the same. Let all the nation hope. Let all their hope be in GOD, let them at once begin hoping and let them continue hoping.”<sup>1</sup>

**“Let all their hope be in GOD, let them at once begin hoping and let them continue hoping.”**

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**DAY ONE:**

*Israel, put your hope in the Lord, now and forever.*

**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: Psalm 131 *Easy-to-Read Version***

Lord, I don’t feel proud. I don’t see myself as better than others. I am not thinking about doing great things or reaching impossible goals. No, right now I am calm and quiet, like a child after nursing, content in its mother’s arms. Israel, trust in the Lord. Trust in him now and forever!

**QUOTE: Charles Spurgeon.**

“The Psalmist (the person who wrote Psalm 131) found it a blessed thing to live by hope, and therefore he would have all his kinsmen (his relatives and family) through the same. Let all the nation) hope.

**DISCUSS:**

- Who does the Psalmist want to hope in the Lord? Why?
- Who do you want to hope in the Lord? Who is your Israel? Who are the people in your life who need to hear the message of Calm, Quiet, Hope, Trust?
- How can you help them hope in the Lord?
- How can you be an example to others?

**CLOSING PRAYER: Psalm 131 *Easy-to-Read Version***

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<sup>1</sup> Spurgeon, Charles

**DAY TWO: WHAT & WHERE**

*Israel, put your hope in the Lord, now and forever.*

**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: Psalm 131 Easy-to-Read Version**

Lord, I don't feel proud. I don't see myself as better than others. I am not thinking about doing great things or reaching impossible goals. No, right now I am calm and quiet, like a child after nursing, content in its mother's arms. Israel, trust in the Lord. Trust in him now and forever!

**READ** Psalm 131:3 *Israel, put your hope in the Lord, now and forever.*

**DEFINE:** How do you define hope?

**READ: Adapted from Tim Keller<sup>2</sup> and John Stott<sup>3</sup>**

*The word hope in English is rather weak. To hope means to want something without certainty (like, I hope they have French fries at school). In the Bible, hope means having a confident belief. Christian hope is not a hopeful wish; it is hope filled certainty. Christian hope is not uncertain, like our ordinary everyday hopes about the weather or health; it is a joyful and confident expectation which rests on the promises of God.*

**CONSIDER:**

- How is Christian hope different from everyday hope?
- What do people put their hope in other than God?
- What do they think will happen when they put their hope in these things rather than God?
- How is hope in the Lord different from hope in weather, people, or possessions.

**READ:** Romans 15:13(ERV)

I pray that the God who gives hope will fill you with much joy and peace as you trust in him. Then you will have more and more hope, and it will flow out of you by the power of the Holy Spirit.

**CLOSING PRAYER: Psalm 131 Easy-to-Read Version**

Lord, I don't feel proud. I don't see myself as better than others. I am not thinking about doing great things or reaching impossible goals. No, right now I am calm and quiet, like a child after nursing, content in its mother's arms. Israel, trust in the Lord. Trust in him now and forever!

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

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<sup>2</sup> Keller, Timothy: Romans 1-7 For You, page 111

<sup>3</sup> Stott, John: The Message of Romans, 140

**DAY 3:** *Israel, put your hope in the Lord, now and forever.***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: Psalm 131 Easy-to-Read Version**

Lord, I don't feel proud. I don't see myself as better than others. I am not thinking about doing great things or reaching impossible goals. No, right now I am calm and quiet, like a child after nursing, content in its mother's arms. Israel, trust in the Lord. Trust in him now and forever!

**READ** Psalm 131:3 *Israel, put your hope in the Lord, now and forever.***DISCUSS:**

- What are your hopes now? What are your hopes for the future?
- How are you putting your hope in God now? How are you putting your hope in Him forever?

**QUOTE: adapted from Eugene Peterson**

Hope is based on trusting that God is actively involved in his creation and vigorously at work in redemption. Hoping does not mean doing nothing, it means going about our assigned tasks confident that God will provide meaning and conclusions. Hope is not a dream, an illusion or fantasy to protect us from boredom or pain. Hope is a confident, alert expectation that God will do what he says he will do and a willingness to let God do it his way and in his time.<sup>4</sup>

**DISCUSS:**

- How does trusting that He is at work help us hope in Him?
- Hope is more than a dream; it is being confident in God.
  - Do you trust that God will do what He says?
  - Are you willing to do things God's way?

**READ Romans 5: 3-5 (ERV)**

We are also happy with the troubles we have. Why are we happy with troubles? Because we know that these troubles make us more patient. 4 And this patience is proof that we are strong. And this proof gives us hope. 5 And this hope will never disappoint us. We know this because God has poured out his love to fill our hearts through the Holy Spirit he gave us.

**DISCUSS:**

- How does going through a difficult situation help you place your hope in the Lord?
- Share examples of how God has helped you through hard times.
- Talk about hard times you are going through and how to trust God now.

**QUOTE: Eugene Peterson**

We need hope. We need to know that we are in relation to God. We need to know that suffering is a part of what it means to be human and not something alien. We need to know where we are and where God is.<sup>5</sup>

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

<sup>4</sup> Eugene Peterson, Long Obedience in the Same Direction, pg. 144

<sup>5</sup> Eugene Peterson, Long Obedience in the Same Direction, pg. 144-145

**DAY 4: WRAP-UP****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: Psalm 131 *Easy-to-Read Version***

Lord, I don't feel proud. I don't see myself as better than others. I am not thinking about doing great things or reaching impossible goals. No, right now I am calm and quiet, like a child after nursing, content in its mother's arms. Israel, trust in the Lord. Trust in him now and forever!

**REVIEW:** Think about the past six weeks. Reflect on where you were at the start of our pilgrimage and what God has taught you during the journey. What were some of the things God taught you during our travels?

**DISCUSS:**

- How has this journey helped you calm your heart?
- How has this journey helped you quiet your soul?
- How has this journey helped you hope in the Lord?
- How has this journey helped you trust now and always?

**READ: Read your families version of Psalm 131****QUOTE:** Eugene Peterson

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.<sup>6</sup>

**WRITE:** Write a letter to your family about the journey. Share some of the things that God has taught you to calm your heart, quiet your soul, hope in the Lord, and trust always. Seal up the letter and read it in 2-3 months.

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

Consider doing something creative to wrap up your time in Calm. Quiet. Hope. Trust. Look back at your previous artistic expressions and reflect all that God has done for you doing our journey. Process this pilgrimage through an artistic medium and ask God to help you sum up this experience. Consider making a collage or mural using aspects from each week's theme. Draw, paint, take photos, write poems, create videos. Allow your creative juices to flow.

<sup>6</sup> Eugene Peterson, *Long Obedience in the Same Direction*, pg. 158