



CALM & QUIET SOULS

PSALM 131: Songs of Ascent

SHORT ON WORDS, BUT A LIFETIME TO MASTER

1) God cannot bring increase to our lives until our _____ gets out of the way.

[1a] O LORD, my heart is not lifted up; my eyes are not raised too high;

Oswald Sanders in *Spiritual Leadership* *The great fault, I think, in our mission is that no one likes to be second. The world has yet to see what could happen if everyone lost the desire to get the glory. Wouldn't it be a marvelous place if nobody cared who got the credit?*

[1b] I do not occupy myself with things too great and too marvelous for me.

2) "The _____ things belong to the Lord our God, but the things that are revealed belong to us and to our children forever, that we may do all the words of this law."

--Deut 29:29

1 Corinthians 13:9-12 [9] For we know in part and we prophesy in part, [10] but when the perfect comes, the partial will pass away.... [12] For now we see in a mirror dimly, but then face to face....

3) Your calm & quiet soul is an act of, and a sign of, _____.

[2] But I have calmed and quieted my soul, like a weaned child with its mother; like a weaned child is my soul within me.

[3] O Israel, hope in the LORD from this time forth and forevermore.

DIGGING DEEPER

Questions and reflections for your own personal or group study.

1. In what ways have you experienced the walk of faith to be a "lifelong process?" What new thing are you learning through these Psalms?
2. Re-read Psalm 131. What stands out to you?
3. How has your pride/ego caused you to do things you never thought you would do?
4. In what ways might we "occupy ourselves with things too great for us?" How does this translate into our daily lives?
5. Discuss the mysteries and "secret things of God." What answers do you seek that you may never find? Explain.
6. Does it bother you when you don't have all the answers? How do you work through this?
7. In what ways is a calm & quiet soul an act of, and a sign of, faith?