

## Psalm 131 A Trusting Child

<sup>1</sup> My heart is not proud, LORD, my eyes are not haughty; I do not concern myself with great matters or things too wonderful for me.

<sup>2</sup> But I have calmed and quieted myself, I am like a weaned child with its mother; like a weaned child I am content. <sup>3</sup> Israel, put your hope in the LORD both now and forevermore.

(NIV)

## Acceptance

<sup>1</sup> My heart is not proud, LORD, my eyes are not haughty; I do not concern myself with great matters or things too wonderful for me. Psalm 131:1

About that time the disciples came to Jesus and asked, "Who is greatest in the Kingdom of Heaven?" <sup>2</sup> Jesus called a little child to him and put the child among them. <sup>3</sup> Then he said, "I tell you the truth, unless you turn from your sins and become like little children, you will never get into the Kingdom of Heaven. <sup>4</sup> So anyone who becomes as humble as this little child is the greatest in the Kingdom of Heaven." Matthew 18:1-4 (NLT)

## Contentment

<sup>2</sup> But I have calmed and quieted myself, I am like a weaned child with its mother; like a weaned child I am content. Psalm 131:2 (NIV)

... I have learned to be content whatever the circumstances . <sup>12</sup> I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. <sup>13</sup> I can do all this through him who gives me strength.

Philippians 4:11b-13 (NIV)

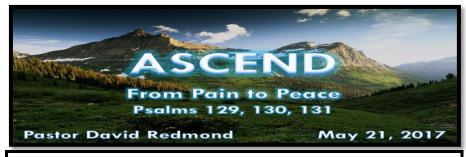
## Hope (vs. 3)

 $\dots$  put your hope in the LORD both now and forevermore. Psalm 131:3

I wait for the LORD, my whole being waits, and in his word I put my hope. Psalm 130:5 (NIV)

God Never F\_\_\_\_

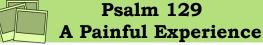
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If you, LORD, kept a record of sins, Lord, who could stand? <sup>4</sup>But with you there is forgiveness, so that we can, with reverence, serve you. Psalm 130:3-4 (NIV)

These Psalms chart a course through the experience of suffering in our lives. Each Psalm presents a vivid picture that demonstrates how to move from the reality of a painful situation into experiencing the peace that comes from God.





name of the LORD."

<sup>1</sup> "They have greatly oppressed me from my youth," let Israel say; <sup>2</sup> "they have greatly oppressed me from my youth, but they have not gained the victory over me. <sup>3</sup> Plowmen have plowed my back and made their furrows long. <sup>4</sup> But the LORD is righteous; he has cut me free from the cords of the wicked." <sup>5</sup> May all who hate Zion be turned back in shame. <sup>6</sup> May they be like grass on the roof, which withers before it can grow; <sup>7</sup> a reaper cannot fill his hands with it, nor one who gather fill his arms. <sup>8</sup> May those who pass by not say to them, "The blessing of the LORD be on you; we bless you in the

(NIV)

Life \_\_\_\_\_. (vs. 1-3)

"Whereas most nations tend to look back on what they have achieved, Israel reflects here on what she has survived. It could be a disheartening exercise, for Zion still has its ill-wishers. But the singers take courage from the past, facing God with gratitude and their enemies with defiance." (Derek Kidner)

is _	
<sup>2</sup> "they have greatly oppressed me from the victory over me <sup>4</sup> But the LORD is	
the cords of the wicked."	Psalm 129:2, 4 (NIV)
God No	ever
W Al	н .
You intended to harm me, but God inte	
is now being done, the saving of many li	
	100
Psalm	
A Desper	ate Cry
<sup>1</sup> Out of the depths I cry to you, LORE	); <sup>2</sup> Lord, hear my voice. <u>Let you</u> r
ears be attentive to my cry for mercy.	<sup>3</sup> If you, LORD, kept a record of
sins, Lord, who could stand? 4 But	with you there is forgiveness, so
that we can, with reverence, serve y	you. 5 I wait for the LORD, my
whole being waits, and in his word	0
Lord more than watchmen wait for th	1 5 1
wait for the morning. <sup>7</sup> Israel, put y	Č .
the LORD is unfailing love and wi	1 0
v e	v i
himself will redeem Israel from all th	neir sins. (NIV)
	me to cry out to
My nain will cause	_
My pain will cause	/a 1 2\
or	(vs. 1-3)
~ <del>-</del>	; <sup>2</sup> Lord, hear my voice. Let your

"Mental pain is less dramatic than physical pain, but it is more common and also more hard to bear. The frequent attempt to conceal mental pain increases the burden: it is easier to say "My tooth is aching" than to say "My heart is broken."

C.S. Lewis, The Problem of Pain

Casting all your cares [all your anxieties, all your worries, and all your concerns, once and for all] on Him, for He cares about you [with deepest affection, and watches over you very carefully]. Be sober [well balanced and self-disciplined], be alert and cautious at all times. That enemy of yours, the devil, prowls around like a roaring lion [fiercely hungry], seeking someone to devour.

I Peter 5:7-8 (AMP)

Forgiveness is _	<b>;</b>
Healing is a	·
	so that we can, with reverence, serve you. RD, my whole being waits,
· ·	hope. Psalm 130:4, 5 (NIV)
=	nation for those who are in Christ Jesus. is $8{:}1\ (NIV)$
There is a difference	between
forgiven, and	forgiven. (Vs. 6-7)
· ·	atchmen wait for the morning, more than
	Israel, put your hope in the LORD, fo
vith the LORD is unfailing love an Psalm 13	d with him is full redemption. $30:6,7\ (NIV)$
O. 4 N.	ever Met A
God Ne	
S He W	<b>F</b> .

For as high as the heavens are above the earth, So great is His lovingkindness toward those who fear Him. <sup>12</sup>As far as the east is from the west, So far has He removed our transgressions from us. <sup>13</sup> Just as a father has compassion on his children, So the LORD as compassion on those who fear Him. <sup>14</sup> For He Himself knows our frame; He is mindful that we are but dust.

Psalm 103:11-14 (NIV)