

Psalms of Ascents 131 “Calmed and Quieted”
Palm 131:1-3
March 23, 2025

Psalm 131

- 1 O Lord, my heart is not lifted up;
my eyes are not raised too high;
I do not occupy myself with things
too great and too marvelous for me.
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.

“A maintenance psalm.”

Proverbs 30:18-19. (NIV)

- 18 “There are three things that are too amazing for me,
four that I do not understand:
19 the way of an eagle in the sky,
the way of a snake on a rock,
the way of a ship on the high seas,
and the way of a man with a young woman.

Genesis 11:4

4 Then they said, “Come, let us build ourselves a city and a tower with its top in the heavens, and let us make a name for ourselves, lest we be dispersed over the face of the whole earth.”

The Bible connects haughtiness to an unplowed field.

Proverbs 21:4

4 Haughty eyes and a proud heart—
the unplowed field of the wicked—produce sin.

Pride and restlessness come together.

A weaned child.

Philippians 4:10-13

10 I rejoiced in the Lord greatly that now at length you have revived your concern for me. You were indeed concerned for me, but you had no opportunity. 11 Not that I am speaking of being in need, for I have learned in whatever situation I am to be content. 12 I know how to be brought low, and I know how to abound. In any and every

circumstance, I have learned the secret of facing plenty and hunger, abundance and need. 13 I can do all things through him who strengthens me.

Romans 8:31-32

31 What then shall we say to these things? If God is for us, who can be against us?

32 He who did not spare his own Son but gave him up for us all, how will he not also with him graciously give us all things?

A shift comes from worrying about what God will do to a deep confidence in what God has done.

Life Group Discussion Questions

- What did God say to you through His Word during our Sunday gathering?
- As a “maintenance psalm,” why is Psalm 131 a good psalm to reflect on and apply often?
- Proverbs 21:4 says that a proud heart is like an unplowed field. How are these two things connected?
- Discuss the two ways we often experience contentment. How have you experienced circumstantial contentment? Has there been a moment when you felt at ease and at rest because your circumstances turn out favorable? How can contentment be sought by lowering our expectations. When have you lowered your expectations so you that you weren’t discontent?
- Paul offers us the “secret” to contentment in Philippians 4:11-13. Read this passage and share what Paul is pointing us towards?
- Psalm 131:2 says that “I have quieted my soul,” what is the effort we bring to calming our souls? What specific things do you do?
- What would “not demanding outcomes” sound like for a situation you are in the middle of right now?
- What does it look like when you are over-functioning, restless and working too hard? How does the gospel help you relax?
- In what specific ways can your Life Group help you walk in contentment?