

### THE PSALM

LORD, MY HEART IS NOT PROUD, AND MY EYES ARE NOT HAUGHTY, AND I DO NOT GO AFTER THINGS TOO GREAT AND TOO DIFFICULT FOR ME.

SURELY I HAVE COMPOSED AND QUIETED MY SOUL, LIKE A WEANED CHILD ON HIS MOTHER, LIKE A WEANED CHILD, MY SOUL RESTS IN ME.

ISRAEL, HOPE IN THE LORD NOW AND FOREVER.



### THE ANTI-PSALM

SELF, MY HEART IS PROUD, AND MY EYES ARE HAUGHTY, AND I CHASE AFTER THINGS TOO GREAT AND TOO DIFFICULT FOR ME.

SO OF COURSE I'M NOISY AND RESTLESS INSIDE, IT COMES NATURALLY, LIKE A HUNGRY INFANT FUSSING ON HIS MOTHER'S LAP, LIKE A HUNGRY INFANT, I'M RESTLESS WITH MY DEMANDS AND WORRIES.

I SCATTER MY HOPES ONTO ANYTHING AND EVERYBODY ALL THE TIME.

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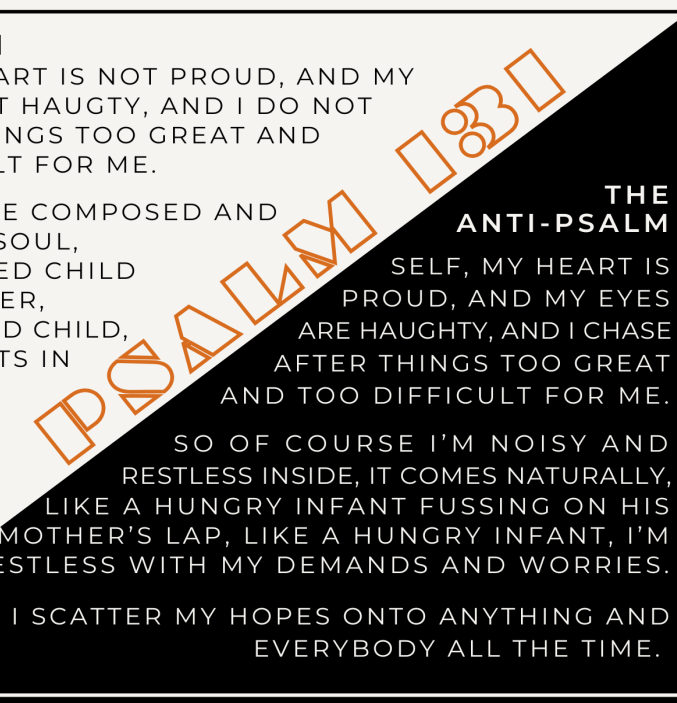
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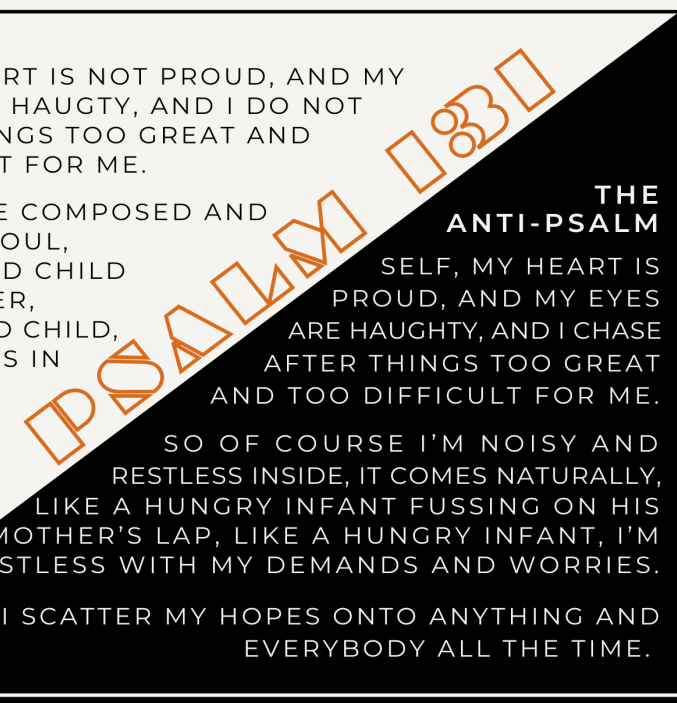
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- What are the things you find yourself constantly "chasing after" or striving for in life? How do these pursuits affect your inner peace and trust in God?
- As you consider the words in Psalm 131, do you resonate more with being "calm and quiet" or "noisy and restless"? What do you think contributes to these feelings in your daily life?
- Psalm 131 speaks of a weaned child's trust, and Psalm 130 expands on waiting and hoping in the Lord. After reading Psalm 130, how would you describe what it means to place your hope in the Lord?
- What steps can you take this week to cultivate a spirit of calmness and quiet trust in God, like a weaned child resting in His presence?

(Based on "Peace, Be Still" by David Powlison)



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