Psalms for Life_Part 3: Psalm 131

LIFE VERSE: Psalm 119:105

Your word is a lamp for my feet, a light on my path.

1. Read Psalm 131:1. David intentionally guarded his heart against pride and arrogance. According to the following passages, why is humility essential in our relationship with the LORD? (Psalm 147:6; 1 Peter 5:5-7; James 4:4-10)

    a. Ask yourself: "Am I allowing God to lead my life, or are my pride, desires, and ambitions keeping me from fully surrendering to Him?"

2. Read Psalm 131:1 again. David did not concern himself with great matters or things too wonderful for him. What are some things you may be trying to understand, control, or figure out that you need to release to the LORD to experience His peace?

3. Read Psalm 131:2. What is the difference between a nursing child and a weaned child? What does this teach us about spiritual maturity and being content in God's presence?

    a. Ask yourself: "Am I seeking God primarily for what He can do for me, or am I learning to be content simply because of who He is?"

4. Read Psalm 131:3. David calls us to put our hope in the LORD. Read Exodus 34:1-7. What does God reveal about His character, and how should knowing who He is change the way we trust Him and place our hope in Him?