

I Have Quieted My Soul - Psalm 131 **Notes, Family Worship, Bible Reading**

Notes from the Sermon

You are too busy. I know. 24 and 168 are never enough. Job pressures, financial responsibilities, relationship pressures, kids sports and activities, coupled with all the other responsibilities of life are too much. Add to that being involved in a local church calling you to several hours a week and life energy. Furthermore, we thought devices in our hands would help organize our lives, but they only complicated matters and added a screen addiction to the problem. You are too busy and spend much of your life overwhelmed. Don't worry, this is my story as well. This is a "no condemnation" zone. Yet, we might want to pause and think about the root of this busyness and think about its effect on our lives and souls.

We have a song for that. King David wrote this short song, the second shortest in the Psalter. That helps a bit, won't take as long to read it. The key line in the Psalm reads, "But I have calmed and quieted my soul." Be honest, when is the last time you even tried to do that. Probably been a while. And it's changed the hard wiring of our brains, we don't have the ability to turn them off. Try this exercise. Get alone with a passage of Scripture and a piece of paper and journal. Promise yourself you will stay there until your brain actually gets quiet enough to hear from the Lord and to honestly get to the place of David's song, the place where you have honestly calmed and quieted your soul. For some of us, it may take hours, because the whole time we are trying this we are freaking out on the inside because of all the important things we have to get done. We need this song, don't we.

Trust me here, the person who authored this song had as much weight in life and struggle with his own self importance as you and I do. He was king of Israel, not an easy job that would allow for breaks. Yet, this song (and others in the Psalms) help us see how David had the strength of soul to rule God's people on His behalf in a way that generally honored his calling. He wrote a generously short song as a reminder of the importance of pauses in life, moments where we respond to God like a toddler who pauses from the Legos and watching Bluey because he sees his mama. So she runs over to her, jumps up in her lap and just sits. She doesn't do this because she needs anything, her belly is full and mama has already taken care of all her needs. She just wants her mama, wants a moment to be silent with her, to sit with the one who loves her and knows her. This bonding is what her soul deeply needs. This is the image of this Psalm, David realizing that he has a glorious Father, and what he needs in order to make sense of the busyness of life is a moment to embrace his smallness, to quiet his soul, to jump into the arms of his Lord to be loved. If we are too busy for this we need to be honest, we have a massive problem and our souls will not be healthy.

The problem really isn't busyness, everyone is busy. Yet, there is an underlying cause for our busyness, we also have a god complex. We do tend to believe the universe depends on us, or at least my little corner of the universe does. If I don't do it, nobody will. If I don't clean the kitchen, if I don't make the paycheck, if I don't get my kids on a select team, if I don't serve on that committee... We lift up our hearts, do all we can to be viewed as important by others, and take on tasks that to be honest, nobody but God can pull it all off. Again, David's problem as well, this song is not a testimony of a person who got it all figured out. It is an aspirational confession from the lips and pen of a person who needed to continually remind himself to humble himself, quiet his soul, and run to Jesus. He realizes that moments of quiet before the Lord and rhythms of Sabbath are necessary components in life so that the busyness does not steal his soul and lead him into prideful idolatry of self.

You are busy, but let's be honest with each other this morning, this is exactly what is

happening to all of us in this driven culture of self worth. Our adversary keeps us in the spaces where everything is loud, everything is urgent, and everyone needs us. In this busyness we will turn in on ourselves, become unbelievably unhealthy emotionally and spiritually unless we learn how to sing this song. It may mean that we have to say “no” to a few things so we actually prioritize saying “yes” to that which is of ultimate importance, to be silent and present with God as His child through the Spirit, by whom we cry “Abba, Father.” (Galatians 4:6). At first, prioritizing this song and what it calls may feel like it adds one more thing to life, but the space David makes for us is the very space that will keep us balanced, centered, and hopeful in the busyness of life.

Bible Reading for the Week

Daily Bible Readings

Sun	Mon	Tues	Weds	Thurs	Fri	Sat
2 Chron icles 21	2 Chron icles 22	2 Chron icles 23	2 Chron icles 24	2 Chron icles 25	2 Chron icles 26	2 Chron icles 27

Reading from this past week: Psalm 131

Reading in preparation for this coming Sunday: Psalm 132

Family Worship

Song - *If the Lord Builds the House*

<https://youtu.be/22j4e3n6t3g?si=7LFjDh5TSoVp0Rjg>

Gospel Project

Unit: Paul’s Mission To Rome

Story: We are Here to Make Much of Jesus

Big Picture Question: Why should we praise Jesus?

Answer: We should praise Jesus for what He has done to provide our salvation and because He will one day make all things right.

Scripture: 1 Thessalonians 4-5

New City Catechism

Question 30: What do we believe by true faith?

Answer: Google search the Apostle’s Creed for the answer to this

Verse: Jude 3

Scripture

Psalm 131

- If your life too busy? If yes, how did it get that way?
- How can busyness be connected to pride? Why would David begin this prayer song with the words in verse 1 and how do they help us?
- What does it look like for you to balance and quiet your soul? What does the image of a toddler in his mama’s lap look like for you and God?
- How can you prioritize places of rest, worship, and silence before God?

Prayer

*Pray for our Community Connections Team and our efforts to serve and share the Gospel in our city.

*Pray that we would learn how to pause our busy lives to seek intimacy with God our Father.