

Sunday, July 17, 2022 - "Summer in the Psalms - Week 3 - Psalm 131: Humility and Spirituality" - Doug Kempton

Key Passages: Psalm 131, 1 Peter 5:6, Proverbs 16:18

- Feel free to read the passage(s) out loud as a group
- Allow the group to share freely about what stood out to them from the passage or from Sunday's message

Main Ideas

- Psalm 131 - One of the shortest to read but longest to learn
- "I have calmed and quieted my soul" (this is the opposite for social media and culture)
- David gives a formula for how to calm and quiet our souls
- Step 1: It all Starts with humility
 - O Lord my heart is not lifted up or my heart is not proud
 - Who we are in difficult situations is who we really are
 - Humility
 - At its core —> God is in everything and nothing happens apart from Him
 - God is in control and up to something good
 - We cannot walk faithfully with Jesus without humility
 - Pride vs. humility is a battle for us for a lifetime (Jesus is our example)
- Step 2: Don't have "high eyes"
 - My eyes aren't too haughty
 - Looking down on others, anytime we belittle someone else
 - You might have high eyes if...
 - "If people would just listen to me, everything would turn out right"
 - Roll your eyes at those who challenge or oppose you
 - Those around you feel belittled, oppressed or marginalized
- ALL SIN is rooted in pride (worry and anxiety)
- Step 3: Stay in your lane
 - I don't let my mind focus on anything out of my control anyway
 - Not focused on things too GREAT or too MARVELOUS
 - David named king but was running from Saul: "I don't understand, but I trust God"
- These things are part of maturing in Christ...but not everyone grows up
- If you would hope in the Lord
 - This is the only path to a calm and quiet soul
 - If we hope in anything else, we will be unsettled
 - We are told to "hope in God" over and over and over in the Psalms

Questions (Feel free to use all of these, some of these, or none of these)

1. How have you quieted and calmed your soul in the past?
2. What have been the benefits of being calm and quiet before the Lord?
3. What makes it difficult to walk in humility?
4. How has God helped you to fight the life-long pride vs. humility battle?
5. What does it look like for you to put your hope in the Lord on a regular basis?
6. How is God calling you to "retire from the world and all its conversations"?
7. What is God inviting you into as a result of this message or passage?

**15 Minutes with God Reading Plan-

Mon: Psalm 18,48,78,108,138 Tues: Psalm 19,49,79,109,139 Wed: Psalm 20,50,80,110,140 Thurs: Psalm 21,51,81,111,141
Fri: Psalm 22,52,82,112,142

Songs from the weekend: [Raise a Hallelujah - *Bethel Music*] - [Psalm 46 (Lord of Hosts) - Shane and Shane] - [Shall Not Want - *Maverick City*] - [I Speak Jesus - *Charity Gayle*]