

A scenic landscape featuring a large sand dune in the foreground. The dune is light tan and has several footprints leading up its slope. At the top of the dune, there are clumps of dry grass. In the background, a vibrant turquoise lake stretches across the middle ground. The sky above is a deep blue, filled with fluffy white clouds. The overall scene is bright and clear, suggesting a sunny day.

Summer of Ascents

PSALMS FOR THE JOURNEY

Summer of Ascents

PSALMS FOR
THE JOURNEY

TURN WITH US TO PSALM 131

(Page 519 in the Bible under your
seat or page 143 in your journal)



Phone? *Please silence.*
Social media? *Post away!*



PSALM 131

I Have Calmed and Quieted My Soul
A Song of Ascents. Of David.

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.

Journal page 143



PSALM 131

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.

Journal page 143



PSALM 131

3 O Israel, hope in the Lord
from this time forth
and forevermore.

Journal page 143

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THE JOURNEY

The Weaning of God



Summer of Ascents

PSALMS FOR
THE JOURNEY

People look
on the outside,
but God looks
at the heart.



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.

Journal page 143



PSALM 131:2

But I have calmed and
quieted my soul,
like a weaned child
with its mother;
like a weaned child
is my soul within me.

Journal page 143



Summer of Ascents

PSALMS FOR
THE JOURNEY

God is constantly
weaning us from
ourselves.

HEBREWS 5:13-14

13 for everyone who lives on milk is unskilled in the word of righteousness, since he is a child.

14 But solid food is for the mature, for those who have their powers of discernment trained by constant practice to distinguish good from evil.

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JOHN 3:30

He must increase, but I must decrease.

JOHN THE BAPTIST



2 CORINTHIANS 12:8-9

8 Three times I pleaded with the Lord about this, that it should leave me.

9 But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.”



JOHN 3:30

**Therefore I will boast all the more
gladly of my weaknesses, so that the
power of Christ may rest upon me.**

PAUL THE APOSTLE



Summer of Ascents

PSALMS FOR
THE JOURNEY

God is constantly
weaning us from
ourselves and
to Himself.



Summer of Ascents

PSALMS FOR
THE JOURNEY

“Jesus uses our trials
to wean us from earth
and woo us to heaven.”

CHARLES SPURGEON



WEAN FROM EARTH

WOO TO HEAVEN

Self-Interest → Others-Focused

Self-Righteous → Humility

**Self-Reliant → Childlike
Dependence**



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