

PSALM 131

SUNDAY 30th SEPTEMBER



BIBLE

PSALM 131

Ask God for help for yourself and the church as we read His word.
Read Psalm 131.

LISTEN

SERMON BY OWEN

Click [here](#) to listen to a sermon on this passage.

REFLECTION

QUESTIONS AND NOTES

- What sort of things disturb you, cause your mind to race or perhaps even cause you sleepless nights?
- How many of these things are within your control or ability to fix?
- Have you ever had the experience of biting off more than you can chew, or of being overloaded, for example, by two senior people at work neither of whom realised what the other was asking of you?
- Could some of these things be overcome with help from other people?
- If so, then what is preventing you from getting that help?
- Can you think of any times when pride or embarrassment prevented you from asking for help?
- What will it look like for us to put our hope in the Lord?
- Can you think of any times when putting your hope in the Lord has helped to calm and quieten your fears/restless mind?
- Having noted the connection between Psalm 130 and Psalm 131, what clues can we find in Psalm 130 as to how putting out hope in the Lord can help?
- What in these two Psalms (130 & 131) leads us to worship Jesus?
- What can we learn about ourselves from Psalm 131?

- How does it lead us to give thanks or repent?
- How might this help us to share the good news with our friends and neighbours who don't know Jesus?

PRAYER

RESPOND TO GOD IN PRAISE AND PLEADING

Use psalm 131 to help you structure your prayers. Pray in response to the passage, for yourself, the church and others.