

## Psalm 131 (*msg*)

<sup>1</sup> God, I'm not trying to rule the roost,  
I don't want to be king of the mountain.  
I haven't meddled where I have no business  
or fantasized grandiose plans.  
<sup>2</sup> I've kept my feet on the ground,  
I've cultivated a quiet heart.  
Like a baby content in its mother's arms,  
my soul is a baby content.  
<sup>3</sup> Wait, Israel, for God. Wait with hope.  
Hope now; hope always!

## This Week's *Verses*

2 Samuel 16:5-12  
Psalm 131  
Psalm 18:32-35  
Psalm 130:7-8  
1 Peter 5:5-6

Humility  
*Psalm 131*

Week 12

*Songs of Ascent*

## Daily Reading

### Psalm 131

Psalm 131 explores the idea of Humility. It is a prayer-song that some people are reluctant to recite or sing, because its claims are so bold! But it comes to us, not as a command to be humble, but as the honest prayer and testimony of a person who has spent his adult life working on humility through his failures and successes. An honest person knows that he or she is not perfectly humble, but this Psalm gives us a challenge to keep working at it. Rather than seeking our own greatness, we are challenged to be satisfied with having the Great Jehovah in our lives at all times. We, along with Israel, are to hope in Him now and forevermore!

*Read the Psalm each day as you answer the daily questions.*

**Day 1 Reflect:** In what ways have you tried to “rule the roost” in your own life?

**Pray:** Ask God for the strength and trust to surrender to Him more fully.

**Day 2 Reflect:** How can knowing Jesus give you healthy perspective of your own plans/dreams?

**Pray:** Ask God for discernment to guide your steps.

**Day 3 Reflect:** In what ways does your heart need to be quieted?

**Pray:** Spend some time in silence, asking God to speak to you.

**Day 4 Reflect:** Are you able to rest and find contentment in God’s arms?

**Pray:** Ask God to grant you contentment as you reflect on His amazing, unending love for you.

**Day 5 Reflect:** In what ways are you hopeful and expectant for God to work?

**Pray:** Pray for endurance and patience as you long to see God work; ask Him how you can join Him in what He is doing.

## Community Discussion

How does true humility differ from our culture’s understanding of what it means to be “humble”? Who is at the center of true humility?

Some have said that pride is the foundation or motivation of all sin (Lucifer - Isaiah 14:12-14, Adam & Eve - Gen. 3:1-7.) Why do you think they say that?

What situations have humbled you before?

What weaknesses of yours can you healthily acknowledge?

In what ways do you need to repent of pride?

Are there areas of discontent in your life? How can you intentionally quiet your soul in those areas?

What kinds of things/situations get in the way of a healthy perspective of who you are before God?

This week, how could you attempt to reflect more of Jesus and less of yourself?

What blessings in your life—or gifts—can you thank God for right now?

How does the grace of Jesus allow us to sing/pray this Psalm even when we don’t get it right?

**Read James 1:16-17.** In what way do these verses encourage humility?

**Read Philippians 2:1-4.** C.S. Lewis once said, “True humility is not thinking less of yourself, but thinking of yourself less.” What differences do you see between these two mindsets? When are each of them appropriate? Which seems more in line with God’s desires?

*Songs of Ascent*