

Mood disorders upset us and our loved ones. Is it possible to experience freedom from anxiety, anger, discontent and confusion? David shares his story of being able to calm and quiet himself in Psalm 131. May he teach and help us to follow in his steps.

Psalm 131:1 *A song for pilgrims ascending to Jerusalem. A psalm of David. LORD, my heart is not proud; my eyes are not haughty. I don't concern myself with matters too great or too awesome for me to grasp.*

- Pilgrims sang this psalm (along with Psalms 120-136) while travelling to Jerusalem three times each year.
- David identifies the enemy of peace as his heart, not his health. Pride, arrogance, and ambition are toxic when combined with the stress of (caring for someone with) a mood disorder.
- Wanting to be in control, pursuing self-confidence and feeling good are matters that are too great and too wonderful for us. Ironically, pursuing these great and wonderful things will make us anxious, restless, irritable and despondent.
- Let us recognize the challenge of letting God be God. He alone can control life and bless us with good.
 - “Such knowledge is **too wonderful for me**, too lofty for me to attain (Psalm 139:6).”
 - “Oh, the depth of the riches of the wisdom and knowledge of God! How unsearchable his judgments, and his paths beyond tracing out! ³⁴ “Who has known the mind of the Lord? Or who has been his counselor?” ³⁵ “Who has ever given to God, that God should repay them?” ³⁶ For from him and through him and for him are all things. To him be the glory forever! Amen (Rom 11:33-36).”
- The starting point for finding peace and quiet is abandoning pursuit of the impossible. Realize that pride, ego, and arrogance are the enemies of your soul finding peace.

Psalm 131:2 *Instead, I have calmed and quieted myself, like a weaned child who no longer cries for its mother's milk. Yes, like a weaned child is my soul within me.*

- David shares that he learned how to calm and quiet himself.
- He visualized himself as a weaned child, not an unweaned infant.
- Unweaned infants squirm, root, fret, fuss, cry, and/or wail to get what they want – Mom’s milk. They focus on their need.
- A weaned child instead leans on Mom, content to enjoy her and the close, warm, safe place near her heart, learning that Mom still provides (food) and protects. Trusting the provider, not demanding provision.

Q1. Are you an unweaned infant or a weaned child?

- Weaning is often a difficult process to go through.
- “Be Still My Soul” written by Katharina von Schlegel in the 1700s represents her extrapolation to life of Psalm 131:2.
- Missionary Hudson Taylor often quieted his soul by singing “Jesus, I am Resting.”
 - “Jesus, I am resting, resting, in the joy of Who Thou art, I am finding out the greatness of Thy loving heart.”

Psalm 131:3 *“O Israel, put your hope in the LORD-- now and always.”*

- David moves from sharing his story to exhorting others in verse 3.
- “Israel” represents all believers, including you if you have the faith of Abraham in your heart.
- Put your hope in the Lord is a command to obey, not an option to consider. We are commanded to wait for, hope in, hang out with, the Lord.
- The Lord is YHWH, the eternal, self existent I AM, Who is so much bigger, stronger, knowledgeable, and loving than any mother!
- This practice is always applicable – at all times in any season. It is something that you can do right NOW – with no waiting period.
- Let us pursue the certainties of God’s provision, not the impossibilities of our desires and efforts to achieve control and calm.

Q2. What will you do with Psalm 131?

- Read it daily for the rest of January?
- Memorize it this week?
- Identify aspirations or demands that are robbing you of peace?
- Humble yourself under the mighty hand of God, that He may exalt you in His time?

“Be Still, My Soul”

Katharina von Schlegel

Be still, my soul: the Lord is on your side;
Bear patiently the cross of grief or pain;
Leave to your God to order and provide;
In every change He faithful will remain.
Be still, my soul: your best, your heavenly Friend
Thro' thorny ways leads to a joyful end.

Be still, my soul: your God does undertake
To guide the future as He has the past.
Your hope, your confidence let nothing shake;
All now mysterious shall be bright at last.
Be still, my soul: the waves and winds still know
His voice who ruled them while He dwelt below.

Be still, my soul: when dearest friends depart,
And all is darkened in the vale of tears,
Then shall you better know His love, His heart,
Who comes to soothe your sorrow and your fears,
Be still, my soul: your Jesus can repay
From His own fullness all He takes away.

Be still, my soul: the hour is hastening on
When we shall be forever with the Lord,
When disappointment, grief, and fear are gone,
Sorrow forgot, love's purest joys restored.
Be still, my soul: when change and tears are past,
All safe and blessed we shall meet at last.

Prayer Requests

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

Mood Disorder Share & Prayer Support Group

**What can I do to find
peace and quiet
in my soul?**

Psalm 131 *A song for pilgrims ascending to Jerusalem. A psalm of David.* LORD, my heart is not proud; my eyes are not haughty. I don't concern myself with matters too great or too awesome for me to grasp. ² Instead, I have calmed and quieted myself, like a weaned child who no longer cries for its mother's milk. Yes, like a weaned child is my soul within me. ³ O Israel, put your hope in the LORD-- now and always.

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