



# Psalms 131

1 A song of ascents. Of David. My heart is not proud, O LORD, my eyes are not haughty; I do not concern myself with great matters or things too wonderful for me. 2 But I have stilled and quieted my soul; like a weaned child with its mother, like a weaned child is my soul within me. 3 O Israel, put your hope in the LORD both now and forevermore.

# “A song of ascents”

- fifteen Psalms
- Psalms 120–134

# 1. Pilgrimage to Jerusalem for the Festivals

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2. Levite singers as they ascended the fifteen steps to minister at the Temple

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4. Celebration after **Nehemiah's** rebuilding of Jerusalem's walls in 445 BC
5. Return from the **Babylonian Captivity**



# Psalms 126

1 A song of ascents. **When the LORD brought back the captives to Zion, we were like men who dreamed...**4 Restore our fortunes, O LORD, like streams in the Negev. 5 Those who sow in tears will reap with songs of joy. 6 He who goes out weeping, carrying seed to sow, will return with songs of joy, carrying sheaves with him.

# The Message – Ps. 131

1 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. 2 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. 3 Wait, Israel, for GOD. Wait with hope. Hope now; hope always!

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“My heart is not proud, O LORD”

“My heart is not proud, O LORD”

“high”

## 2 Timothy 3

1 But mark this: There will be terrible times in the last days. 2 People will be lovers of themselves, lovers of money, **boastful**, **proud**, abusive...



“My heart is not proud, O LORD”

# James 4

6 That is why Scripture says: "God opposes the proud but gives grace to the humble."





“my eyes are not haughty”



# haughty

Adjective:

Arrogantly superior and disdainful.

Synonyms:

proud, arrogant, vain, conceited, snobbish, superior, self-important, pompous, supercilious, condescending, patronizing

# Haughty in Hebrew

“to be high”

“My eyes are not high”

# Haughty in Hebrew

“to be high”

“My eyes are not high”

1. I don't look down on people

# Haughty in Hebrew

“to be high”

“My eyes are not high”

1. I don't look down on people
2. I'm not ambitious

“I do not concern myself with great matters or things too wonderful for me.”

“I do not concern myself with...

metaphor:

- go for a walk...
- go on a journey

“I do not concern myself with **great matters..**





“I do not concern myself with great matters or things too wonderful for me.”



v2 But I have stilled and quieted my soul



v2 But I have stilled and quieted my soul

Stilled / Composed = to become the same / equalled.



v2 But I have stilled and quieted my soul;  
like a weaned child with its mother, like a  
weaned child is my soul within me.





v3 “O Israel, put your hope in the LORD both now and forevermore”.

The word "HOPE" is displayed in a row of four wooden blocks. Each block is a light brown color with a dark brown top surface. The letters are carved in a classic, serif font. The blocks are set against a dark, almost black background, which makes the warm, glowing light of the wood stand out. The lighting is soft and directional, coming from the side, creating subtle shadows and highlights on the edges of the blocks.

v3 “O Israel, put your hope in the LORD both now and forevermore”.

- Wait for; linger; wait



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Is there any **pride** in my  
heart?

Am I overly  
Ambitious?

# James 4

13 Now listen, you who say, "Today or tomorrow we will go to this or that city, spend a year there, carry on business and make money." 14 Why, you do not even know what will happen tomorrow. What is your life? You are a mist that appears for a little while and then vanishes. 15 Instead, you ought to say, "If it is the Lord's will, we will live and do this or that." 16 As it is, you boast and brag. All such boasting is evil.

What do I let my  
mind dwell on?

# Phil 4

8 Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable--if anything is excellent or praiseworthy--think about such things.

Is my heart at  
Rest?

# Phil 4

11 I have learned to **be content** whatever the circumstances. 12 I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being **content in any and every situation**, whether well fed or hungry, whether living in plenty or in want. 13 I can do everything through him who gives me strength.

Is your hope in God -  
now and for the future?



# Luke 10

38 As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. 39 She had a sister called Mary, who sat at the Lord's feet listening to what he said. 40 But Martha was distracted by all the preparations that had to be made. She came to him and asked, "Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!"

# Luke 10

41 "Martha, Martha," the Lord answered, "you are worried and upset about many things, 42 but only one thing is needed. Mary has chosen what is better, and it will not be taken away from her."

# Matt 11

28 "Come to me, all you who are weary and burdened, and I will give you rest. 29 Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. 30 For my yoke is easy and my burden is light."

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