

TAKEAWAY:

What does it mean to be a humble sojourner? Psalm 131 reminds us that our journey with God requires three essential postures: First, we must humble ourselves before the Lord. Second, we need to quiet our souls. Finally, we place our hope fully in the Lord, not in the false promises of this world.

INTRODUCTION QUESTIONS:

- What does the word "sojourner" or "journey" mean to you in your spiritual life right now?
- In what ways have you seen pride ruin someone or something in your life time?

UNDERSTANDING:

Have a group member read of Psalm 131

- How did this sermon help you better understand this passage of scripture? Is there anything that was mentioned during the sermon that stuck out to you?
- How does the practice of confession as a daily discipline help cultivate genuine humility rather than false modesty in our relationship with God?
- Why do you think David says he does NOT concern himself with things "too great" or things "too marvelous" for him? What is he teaching us about humility?
- David compares his soul to "a weaned child with its mother." What does this image communicate about trust and contentment?
- What does it mean that Jesus "did not count equality with God something to be grasped" (Phil. 2:5-7), and how should this shape our own approach to status and power?
- David calls Israel (and us) to "hope in the LORD both now and forevermore." What are some "false hopes" our culture offers that compete with the hope we have in God?

APPLICATION:

- How does pride specifically manifest in your life? (Examples: self-sufficiency, comparison to others, refusing help, needing to be right)
- How can you humbly lead others to hope in the Lord without appearing self-righteous or judgmental in your family, workplace, or community?

GO DEEPER:

The Go Deeper section has two potential functions. It can supplement your small group discussion by providing extra discussion material.

You can also use these sections as short devotionals to carry you through the week until your next group meeting and to deepen your study of our text from this week. Here are two "Going Deeper" discussion prompts that build upon the above provided questions without repeating them:

Psalm 131 has four key points: (a) the necessity of mortifying pride, (v. 1a), (b) the challenge to embrace creaturely limits (v. 1b), (c) the encouragement to seek God's presence more than God's hand of provision (v. 2), and (d) the rest that comes from always grounding one's life in the LORD (v. 4). Discuss these four points in conjunction with answering the below related questions to them.

- Can you identify a past season of suffering in your life that, in retrospect, successfully stripped away a layer of your own pride or ambition, leaving you more dependent on God? Where in your life does your desire for control or success cross the line into pride? How does acknowledging your physical, emotional, and/or mental limits actually serve as an antidote to arrogance?
- In what specific areas of your life are you currently exhausted because you are trying to figure out or do "things too great" for you? What would it look like to practically lay down the need to know the outcome and accept your limited human understanding? Recall a specific season where you had to completely surrender your need for an explanation regarding a painful or confusing life event. How did that intellectual surrender affect your emotional peace?
- When you examine your prayer life and spiritual habits, are you primarily coming to God as an unweaned child demanding "milk" (i.e., solutions, blessings, and fixes), or are you actively practicing the quiet contentment of just being held in God's presence? How much of your current anxiety is rooted in trying to dictate *how* God should provide for you? What would it practically look like for you to stop trying to manage the outcome and instead focus on enjoying God's nearness today?
- How does fully embracing your limitations (i.e., your energy, your time, your wisdom) free you to place your hope entirely in God rather than in yourself? How might this shift in hope change the way you interact with your family, community, or work this week?
- How does the act of verbalizing trust—speaking truth out loud to one's own soul as David does in the psalms—serve as a potent weapon against the internal monologue of fear? How can believers actively support one another when a member's soul is caught in a loop of panic or fretfulness that they cannot seem to quiet on their own?
- We frequently confuse hoping in God's *provision* (i.e., financial stability, physical healing, relational restoration) with hoping in God. If God were to completely withhold the specific provision you are currently pleading for, would the promise of God's continuous presence be enough to sustain your hope in God? What are the specific spiritual comforts, circumstantial guarantees, or emotional dependencies in your life that God might currently be attempting to wean you from? In what ways do modern church cultures accidentally encourage believers to remain unweaned consumers—demanding constant emotional highs or immediate answers—rather than maturing disciples?

Quotes:

- Athanasius of Alexandria: "In the Psalter you learn about yourself. You find depicted in it all the movements of your soul, all its changes... the reader takes all its words upon his lips as though they were his own."
- Anselm of Canterbury: "Pride is a deep valley, which the more one is raised up by pride, the deeper it will cast one."
- Tim Keller: "A weaned child is satisfied just with mother herself, with her very presence... We must love God for himself alone, not just for what he gives us."

Group Accountability:

Choose ONE of the following to practice this week:

Option 1: Practice Humility

- Confess one area of pride to God daily
- Ask someone for help with something you'd normally do alone
- Celebrate someone else's success without comparison

Option 2: Quiet Your Soul

- Set aside 10 minutes daily for silence before God
- Turn off notifications for a set period each day
- Practice a "technology Sabbath" for one evening or morning

Option 3: Hope in the Lord

- Identify one false hope you're clinging to and surrender it to God
- Memorize Psalm 131 (it's only 3 verses!)
- Share with one person this week how Jesus is your true hope

Hymn of the Week - I Surrender All

As we journey through the psalms this July, we want to incorporate some hymns that fit well with the psalms being preached. Pastor Shawn has helped establish some hymns for your life group to read through, sing together or meditate on. We will also provide a Spotify playlist of songs that will help anchor you in praise this summer.

I Surrender All



1. All to Je - sus I sur-ren - der, All to Him I free - ly give;
2. All to Je - sus I sur-ren - der, Make my, Sa - vior, whol - ly Thine;
3. All to Je - sus I sur-ren - der, Lord, I give my - self to Thee;



I will e - ver love and trust Him, In His pre - sence dai - ly live.
Let me feel Thy Ho - ly Spi - rit, Tru - ly know that Thou art mine.
Fill me with Thy love and po - wer, Let Thy bles - sing fall on me.



I sur-ren - der all, I sur-ren - der all;
I sur-ren-der all, I sur-ren-der all;



All to Thee, my bless - ed Sav - ior I sur - ren - der all.