



PSALMS OF ASCENT

SONGS FOR THE JOURNEY



PSALMS OF ASCENT PSALM 131

July 12, 2026

SUNDAY REFRESHER

Psalms 131 is one of the shortest psalms in Scripture, but as Charles Spurgeon said, it may be one of the longest to learn. In just three verses, David confronts one of the deepest struggles of the human heart: our desire to control what only God can carry. We want to control our future, our outcomes, our relationships, our pain, our children, our finances, and sometimes, if we are honest, even God Himself. But beneath that desire for control is usually not arrogance alone. It is fear. Fear of loss, fear of disappointment, fear of uncertainty, and fear that if we do not manage everything, everything may fall apart.

Pastor Donovan reminds us that Psalm 131 is not a call to stop wondering, asking, learning, or seeking God. It is a call to stop demanding answers as the price of trust. David shows us the posture of a humble soul that has stopped trying to sit on God's throne. Like a weaned child resting quietly with its mother, the mature soul learns to rest in God's presence, even when God has not explained every mystery or answered every prayer the way we hoped. Calm and quiet are not found by gaining more control. They are found by surrendering control to the Father who already has it and who has proven Himself faithful.

PERSONAL REFLECTIONS

- *What did God say to you through this passage and teaching?*
- *Did God reveal anything new to you?*
- *How is this relevant in your journey to make disciples who Love God and Love people?*



QUESTIONS

- *What is one area of your life where you are most tempted to demand control instead of trusting God?*
- *What is the difference between asking God honest questions in faith and demanding answers before you will trust Him?*
- *What would it look like this week for your soul to become more like a weaned child resting with its mother?*

SCRIPTURE REFERENCES

Psalm 131; Proverbs 6:16-17; Psalm 18:27; Deuteronomy 29:29; Psalm 8; Psalm 19; Psalm 46:10; Matthew 11:28-30

CONCLUSION

Psalm 131 invites us to stop trying to carry what only God was meant to carry. Pride says, “I need to know. I need to understand. I need to control this.” Humility says, “God, You know what I do not. You see what I cannot. You are faithful even when I do not understand.” The calm and quieted soul is not the soul with every answer. It is the soul that has learned whose arms it is in.

So let God be God. The position is already filled. You do not have to control everything, fix everyone, understand every mystery, or secure every outcome. Hope in the Lord from this time forth and forevermore. He has this. He has you.

Knowing that life transformation happens best through intentional, meaningful relationships, don't let this week's sermon remain as mere information. In the next few days, look for ways to teach, challenge, encourage and/or pray about what you're discovering!