

A Quiet Heart

Psalm 131

This is one of the shortest and simplest psalms. Yet, it is a deep and profound challenge for our heart as we seek to be humble and thankful servants of the Lord.

A Humble Heart – Psalm 131:1

Remember, a King wrote this! Below is a list of Kings. See how they can exalt themselves above men and God. See David's attitude in Psalm 139 (note vs. 1-6) cp. Romans 11:33-36; Isaiah 55:6-9. Consider David's attitude when reading James 1:2-12; 2:1-9; 3:1-2, 13-18; 4:6-17; 5:13-20.

A Quiet Heart – Psalm 131:2

"...**Behaved** and quieted myself..." – To quiet the heart we must monitor and control all of our behavior. Our activities create an environment that either promotes or detracts from our devotion to God (Proverbs 4:23-27; Psalm 119:59; Hosea 4:11; Philippians 4:9). Our thought life is crucial to a quiet heart (Psalm 46 – "be still and know..." cp. Philippians 4:6-8). Consider four areas of loving God: Heart (Affections & Desires), Soul (Emotion and Will), Strength (physical self) and Mind (Knowledge and thought life). See Deuteronomy 6:4-5, 6-9; Matthew 23:36-40. The weaned child can control their urges and wait to be fed and cared for. There is only one baby-like behavior that God encourages (I Peter 2:1-3).

A Hopeful Heart – Psalm 131:3

Investment (dedication & discipline) **produces expectation** (hope of rewards and benefits)! See Romans 5:3-5; Galatians 6:7-10; II Peter 1:2-11. When feeling down-cast, do a self-diagnostic in the Scriptures (Psalm 42). As a hungry child might crave candy, but their need is for nourishing food; so, our hearts and souls crave many worldly things, but the real need is God. Our hunger for God can only be satisfied by God (Psalm 63; 130).

Kings who try to touch God's glory:

- Satan was the first to try and replace God (Isaiah 14:12-17). He is the model and the force of all other bad leaders and governments (Ephesians 6:12). Consider the following kings and note the various forms of pride, rebellion and the irreverent, cruel desire for power & praise.
- Nimrod / Tower of Babel (Genesis 10:8-9; 11:1-9);
- Nebuchadnezzar (Daniel 4:27-37 cp. 2:20-22);
- Saul (I Samuel 15 cp. David – Acts 13:21-22; I Kings 15:1-5);
- Uzziah (II Chronicles 26:14-20);
- The Antichrist (Daniel 7:25 cp. Revelation 13:1-8).