



Songs of Summer

Psalm 131

A Song of Ascents. Of David.

1 O Lord, my heart is not lifted up;
my eyes are not raised too high;

I do not occupy myself with things
too great and too marvelous for me.

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

3 O Israel, hope in the Lord
from this time forth and forevermore.

How do you understand yourself?

- “O LORD, my heart is not lifted up; my eyes are not raised too high; I do not occupy myself with things too great and too marvelous for me” (v. 1).
- David has a humble self-assessment.
 - David’s assessment is holistic
 - We have an uncanny ability to compartmentalize our lives.
 - “Every healthy tree bears good fruit, but the diseased tree bears bad fruit. 18 A healthy tree cannot bear bad fruit, nor can a diseased tree bear good fruit” (Matthew 7:17-18).
 - And he said to him, “You shall love the Lord your God with all your heart and with all your soul and with all your mind. 38 This is the great and first commandment” (Matthew 22:37-38).
 - David’s assessment is true
 - We have an uncanny ability to deceive ourselves.
 - “To attempt to be what one is not, to willfully believe a falsehood about oneself or one’s situation, is to attempt a deception before God who is the truth. Self-deception, therefore,

is the handmaiden of pride. The false 'cover story' of self-sufficiency enables one to deny or disavow one's need for God" (John C. Knapp, "Pride and the Power of Self-Deception," 18).

- Humility is our posture.

How do you regard God?

- "But I have calmed and quieted my soul, like a weaned child with its mother; like a weaned child is my soul within me" (v. 2).
- David has a childlike God-dependence.
 - "Nearly all wisdom we possess, that is to say, true and sound wisdom consists of two parts: the knowledge of God and of ourselves" (John Calvin, *Institutes of Christian Religion*, 1.1.1).
 - Humility is having an accurate view of yourself in light of an accurate view of God.
- David's peace rests on who is in control.
 - At that time the disciples came to Jesus, saying, "Who is the greatest in the kingdom of heaven?"
2 And calling to him a child, he put him in the midst of them 3 and said, "Truly, I say to you, unless you turn and become like children, you will never enter the kingdom of heaven. 4 Whoever humbles himself like this child is the greatest in the kingdom of heaven" (Matthew 18:1-4).
- Faith is our posture.

How do you approach the future?

- "O Israel, hope in the LORD from this time forth and forevermore" (v. 3).
- David has an expectant hope.
 - David's hope is not wishful thinking or optimism.
 - David's hope is corporate.
 - David's hope is both present and future.
- Hope is our posture.

A humble self-assessment with childlike God-dependence creates expectant hope.