

## Like a Weaned Child

### Psalm 131

Psalm 131 (NIV 1984) <sup>1</sup> *My heart is not proud, Lord, my eyes are not haughty; I do not concern myself with great matters or things too wonderful for me.*  
<sup>2</sup> *But I have calmed and quieted myself, I am like a weaned child with its mother; like a weaned child I am content.* <sup>3</sup> *Israel, put your hope in the Lord both now and forevermore.*

#### 1. Psalm of ascent of David

- a. My heart is not proud
- b. My eyes are not haughty
- c. I do not concern myself with great matters
- d. Or things too wonderful for me

#### 2. But I have calmed and quieted myself

- a. I am like a weaned child with its mother
- b. Like a weaned child I am content

#### 3. Israel, put your hope in the Lord

- a. Both now and forevermore

#### Small Group Questions:

1. When people look at you and your life, would they be able to say that you are humble? Why or why not?
2. How does someone calm and still their soul?
3. What are the attributes of a weaned child? Does that describe you and specifically your prayer life?
4. How do you learn to be content?