

# A Psalm for the Discontent

Psalms for the Soul #1– Pastor Gary Combs – Mother’s Day, May 13, 2018

## Psalm 131

Psalm 131:1-3 (ESV) A Song of Ascents. Of David. <sup>1</sup> 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. <sup>2</sup> But I have calmed and quieted my soul, like a weaned child with its mother; like a weaned child is my soul within me. <sup>3</sup> O Israel, hope in the LORD from this time forth and forevermore.

### How to find our contentment in the Lord:

#### 1. \_\_\_\_\_ before the Lord.

James 4:10 (ESV) Humble yourselves before the Lord, and he will exalt you.

James 4:6-7 (NLT) <sup>6</sup> And he gives grace generously. As the Scriptures say, "God opposes the proud but gives grace to the humble." <sup>7</sup> So humble yourselves before God.

Psalm 139:23-24 (ESV) <sup>23</sup> Search me, O God, and know my heart! Try me and know my thoughts! <sup>24</sup> And see if there be any grievous way in me, and lead me in the way everlasting!

#### 2. \_\_\_\_\_ with the Lord.

Psalm 37:4-6 (GNT) <sup>4</sup> Seek your happiness in the Lord, and he will give you your heart's desire. <sup>5</sup> Give yourself to the Lord; trust in him, and he will help you; <sup>6</sup> he will make your righteousness shine like the noonday sun.

Philippians 4:11-13 (NLT) <sup>11</sup> ...I have learned how to be content with whatever I have. <sup>12</sup> I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little. <sup>13</sup> For I can do everything through Christ, who gives me strength.

#### 3. \_\_\_\_\_ in the Lord.

Psalm 146:5 (NKJV) Happy is he who has the God of Jacob for his help, whose hope is in the Lord his God

1 Peter 1:3-4 (ESV) <sup>3</sup> Blessed be the God and Father of our Lord Jesus Christ! According to his great mercy, he has caused us to be born again to a **living hope** through the resurrection of Jesus Christ from the dead, <sup>4</sup> to an inheritance that is imperishable, undefiled, and unfading, kept in heaven for you