

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. 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 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) ⁶ And he gives grace generously. As the Scriptures say, "God opposes the proud but gives grace to the humble." ⁷ So humble yourselves before God.

Psalm 139:23-24 (ESV) ²³ Search me, O God, and know my heart! Try me and know my thoughts! ²⁴ 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) ⁴ Seek your happiness in the Lord, and he will give you your heart's desire. ⁵ Give yourself to the Lord; trust in him, and he will help you; ⁶ he will make your righteousness shine like the noonday sun.

Philippians 4:11-13 (NLT) ¹¹ ...I have learned how to be content with whatever I have. ¹² 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. ¹³ 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) ³ 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, ⁴ to an inheritance that is imperishable, undefiled, and unfading, kept in heaven for you