

Have you ever wondered why life with God is not just easy? The journey we are on as followers of Jesus Christ is like a being aboard a ship that has left port sailing to a glorious new world. The journey involves chores to be completed and difficulties to face. However, when difficulties do arise (and they will), we are to be comforted and to comfort one another with the hope of the new land that is yet to come. Part of the universal pilgrimage for all Christians is learning how to slow down and meditate on our hope in God in the middle of this journey.

Today, we start a new venture within the Long Night series by exploring a very personal Psalm 131. This Psalm contains vital perspectives that guide us in our journey; to help us negotiate the storms of life that have the potential to erode our hope in God.



The Long Night, Part 5: Psalm 131

Date: 10.03.10

I. Self-Awareness – v.1

A Song of Ascents. Of David.
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.

II. _____ – v.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

III. _____ – v.3

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

Target Practice: Use this resource to dig deeper in your personal or family devotions during the week.



- Why is David a great tutor in helping people who struggle with depression and despair?
- In what way(s) is an accurate self-awareness critical during times or seasons of despair?
- Where are you in relation to the “noise-centers” that Pastor Dan mentioned? (there were three in v.1).
- What are some things that you need to repent of in light of this morning’s teaching?
- In what ways are you driven to thankfulness of God in light of today’s teaching?