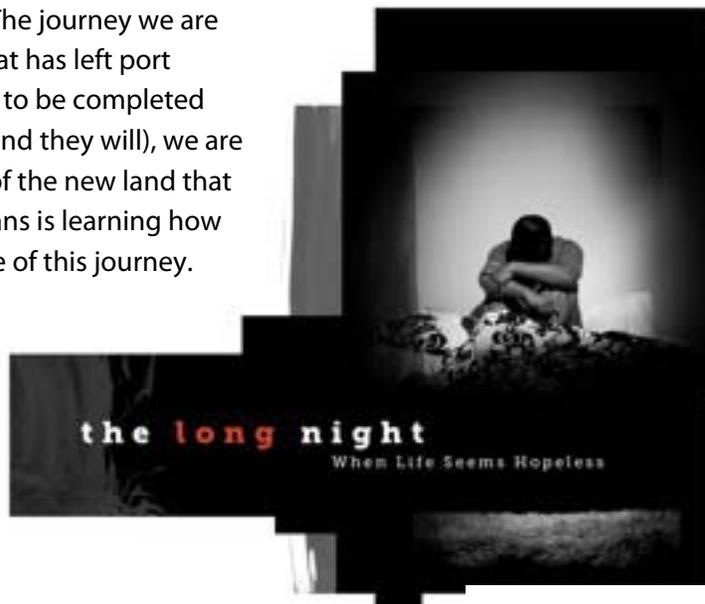


Have you ever wondered why life with God is not just easy? The journey we are on as followers of Jesus Christ is like a being aboard a ship that has left port sailing to a glorious new world. The journey involves chores to be completed and difficulties to face. However, when difficulties do arise (and 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 conclude The Long Night series by exploring the 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 solid hope in God.



The Long Night, Part 6: Psalm 131

Date: 10.17.10

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. Pursuing Peace – 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. The Refuge of Hope – 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 having a refuge of hope critical during times or seasons of despair?
- Do you find your joy depending on being rescued or is it rooted in the very character of God?
- Why does David go from personal evaluation and “soul-talk” to encouraging all of Israel?
- How have you been nourished to hope in God more in light of the teaching today?