

REST FOR YOUR RESTLESS SOUL

PSALM 131

CHURCH GROUP SERMON DISCUSSION GUIDE - MAY 11, 2025

SCRIPTURE READING

Pslam 131

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.

ICE BREAKER QUESTION

Which picture of the child in the mother's arms best represents you right now, the sad and anxious baby or the peaceful, resting child?

SERMON RECAP

1. Come to two realizations
 - God is Good
 - You're not God
 - Humility is an antidote to anxiety.
2. Choose to rest
 - In who God is
 - Stop clamoring for what you want
 - Start being content in who you're with
 - In how much God loves you
3. Be confident in waiting
 - God will take care of you today
 - God will take care of you tomorrow
 - God will take care of you forever

DISCUSSION QUESTIONS

Observation: What does the passage say?

1. What kind of posture did the palmist have before God?
2. Look at Exodus 34:6-7. What characteristic of God do you see in these verses? How does knowing God's attributes help you to rest in God?
3. What does it say about how we should calm our souls in God?
4. Look at Psalm 116:7. What does it say that we should do to find rest in God? Why should you return?
5. Look at Isaiah 49:15-16. What does this scripture say about how God sees you?

Interpretation: What does the passage mean?

1. What does the psalmist mean when he says I do not lift up my heart, and raise my eyes too high, and not occupy myself with things too great?
2. In Psalm 116:7, the Hebrew word for bountifully and Psalm 131:3, the word for weaned are the same, **Meaning: to treat a person with benefit.** How does this help you understand that God is good and that you can have confidence in Him?
3. Look at Psalm 31:24 and Lamentations 3:22-26. What does it mean to hope in God?

Application: How can we apply this passage to our lives?

1. Right now in your life, do you see God as a good God? Do you believe He is for you and not against you?
2. How can we try to take control of our lives and act like we are God instead of humbly trusting in God's authority over our lives? Are you currently struggling with this?
3. Resting in God means refusing to rest in lesser gods. What lesser gods do you need to turn from that you are trying to find your rest in?
4. Is there anything that you are waiting on God for? How is your confidence in the Lord as you wait for his perfect timing?
5. Are you currently feeling anxious or restless? What is causing these feelings in your life? How are you trying to calm and rest your soul in the Lord?

LEADER NOTES

BAPTISM SUNDAY | Baptism is an outward, symbolic and public way of sharing your response to the gospel message. It is symbolic of your identification with the death, burial and resurrection of Jesus, by saying publicly that you have forsaken your old way of living and that you embrace your new life in Christ. Sunday, May 18 will be Baptism Sunday across all MBC locations. Please go to mcleanbible.org/baptism for more information.