

PSALMS

— FOR THE SUMMER —



PSALMS

FOR THE SUMMER

PSALM 131

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Holy eavesdropping...providing intimate access to the inner life of someone who has learned composure...who is quiet on the inside. (David Powlison)

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PSALM 131

To be content as a result of some external thing is like warming a man's clothes by the fire. But to be content through an inward disposition of the soul is like the warmth that a man's clothes have from the natural heat of his body. A man who is healthy in body puts on his clothes, and perhaps at first on a cold morning they feel cold. But after he has had them on a little while they are warm. Now, how did they get warm? They were not near the fire? No, this came from the natural heat of his body. Now when a sickly man, the natural heat of whose body has deteriorated, puts on his clothes, they do not get hot for a long time. He must warm them by the fire, and even then they will soon be cold again. (Jeremiah Burroughs)

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PSALM 131

- **Humbled Self (v.1)**
- **Healthy Soul (v.2)**
- **Hopeful Spirit (v.3)**

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PSALM 131

*O Lord, my heart is not proud, nor my eyes haughty;
Nor do I involve myself in great matters,
Or in things too difficult for me.*

*Surely I have composed and quieted my soul; Like a weaned child rests against his
mother, My soul is like a weaned child within me.*

*O Israel, hope in the Lord;
From this time forth and forever.*

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PSALM 131

Humbled Self (v.1)

*O Lord, my heart is not proud, nor my eyes haughty;
Nor do I involve myself in great matters,*

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Healthy Soul (v.2)

Surely I have composed and quieted my soul; Like a weaned child rests against his mother, My soul is like a weaned child within me.

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Weaning looks like:

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PSALM 131

Weaning looks like:

- Wanting

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Weaning looks like:

- Wanting
- Waiting

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PSALM 131

Weaning looks like:

- Wanting
- Waiting
- Wondering

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Healthy Soul (v.2)

Surely I have composed and quieted my soul; Like a weaned child rests against his mother, My soul is like a weaned child within me.

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Hopeful Spirit (v.3)

*O Israel, hope in the Lord;
From this time forth and forever.*