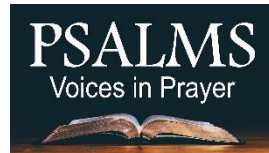


The Blessing of Being Weaned
Psalm 131

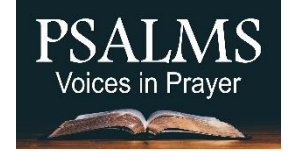
Emily Mitchell
July 5, 2020



NOTES

The Blessing of Being Weaned
Psalm 131

Suggested Questions for Individual
Study or Group Discussion*



- Read *Psalm 131*. Why do you think the Psalm begins with an assertion of David's humility? What is the connection between humility and being calmed and quieted in one's soul?
- In verse 2, the psalmist says "I do not occupy myself with things too great and too marvelous for me." What does this mean to you? How do we balance our desire for quiet and calm with the value of being engaged in the world and joining with others in acts of love, justice, and compassion, and thus participating in something bigger than ourselves?
- In verse 3, David addresses Israel directly and commands them to "hope in the Lord from this time on and forevermore." How does this verse relate to the previous two verses? What is the state of your hope and the location of your hope these days?
- Have you experienced something like "dark night of the soul"? What was it like to persevere in your relationship with God when God was not giving you what you sought? What are some spiritual disciplines that help train you to not treat God as an instrument or a form of wish fulfillment?

For Family Discussion: *When you were an infant, if you were breastfed or bottle fed, anytime you were on your mom's lap, you wanted to be eating. Lap = food. But after you moved from breastmilk or formula milk to solid food, there were many more possibilities for what to do on your parent's lap: cuddling, reading a book, playing "I Spy," etc. Make a list of all the things that you like to do as a weaned child that you couldn't do as an infant with your parent/guardian. Then, imagine sitting in the lap of God, and spend some time thanking God for all the ways you can spend time enjoying God's presence that go beyond eating. Get in a comfortable position, take deep breaths, and appreciate the quietness of being cozy and safe in God's lap.*

*Select or adapt questions to fit the needs and makeup of your group.