

**Stilling the Soul**  
**Psalm 131**

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**NOTES**

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Suggested Questions for Individual  
Study or Group Discussion\*



- As a young child, were you more active and rambunctious, or more quiet and subdued?
- Read *Psalm 131*. How would you describe the mood and attitude of the psalmist in this prayer?
- What does the psalmist seek to avoid? What would this look like in daily life?
- What does the image of a weaned child suggest about the psalmist? About the LORD God?
- When have you experienced something similar to what the psalmist describes? What were the circumstance and outcome?
- How does the imagery of a weaned child (v. 2) connect to the exhortation that God's people hope in the LORD (v. 3)?
- What keeps your soul from being stilled? What impact does this have upon you?
- If you more regularly calmed and quieted your soul as the psalmist did, what in your life would be effected? What might change for you?
- What do you hear the LORD God saying to you through this Scripture? What do you feel called to do in response? How can your small group or others partner with you and pray for you in this?

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