

A Calm and Quiet Soul

Instructions

LEADERS: CHOOSE 2 OR 3 QUESTIONS TO DISCUSS OR ALLOW EACH MEMBER TO SELECT 1 OR 2 QUESTIONS TO SHARE ON.

Read

Psalm 131

Discussion Questions

1. Anything which stood out to you about Psalm 131?
2. Do you do anything to prepare your heart to worship God before you go to Small Group or Church?
3. In the intro, Dean encouraged the church not to listen to the message just to get the “right answers”. Instead to listen with the intent to come away with a “right attitude” to live each day knowing you are under the gaze of God.

From the list below, select the one which best describes what you emphasize in your walk. Also, select the one in which you believe you need to grow most in.

1. Prayer
2. Fellowship with other believers
3. Obedience to God’s calling
4. Walking by the Spirit
5. Doing works of service
6. Bible study

4. David begins this psalm, praying to God. Do you ever use scripture to pray? If so, share how you use scripture to pray.

5. Dean said this psalm reminds him how he and Kirie live out their normal day. They talk about what God has revealed to them and what they intend to do or are doing for the Lord. If we keep God in our thoughts as we are in our house, walk by the way, rise up, lay down...it's these "ordinary days" where God will do his greatest works in growing us. Describe your normal day. How much is God in your conversation or thoughts? If not at all, do you think you should grow in your awareness of God's presence?

6. Dean used Proverbs 16:18, "Pride goes before destruction, and a haughty spirit before a fall" to support David's statement that he did not have a prideful heart. Most of know that God opposes pride. Do you still battle with pride in your heart? If not, share how you have chosen to have a heart of humility over pride. Have a person in the group pray for those are still having an ongoing battle with pride.

7. The Pharisees could not "see" God as Jesus performed works of God under their noses. Instead of rejoicing, because they felt their way of life they saw Jesus as a threat and planned to kill him. Which is more important to you... to preserve your way of life or to do God's calling even if it goes against all worldly common sense?

8. Ambition is applauded by the world. Setting goals and then with a plan hit your goal. In this psalm, David says that he does not concern himself with things too great and marvelous. The builders of the tower of Babel and Pharisees had ambitions to be equal to God. Do you always go to God first or after you decide and plan to achieve goals which are good in your own eyes? (resist the urge to say the right answer).

9. Job was a blameless and upright man. Yet, due to circumstances he became more and more demanding that God explain himself. God then railed on Job, and put Job in his place. Which better describes your relationship with God:

> I usually ask permission first and then proceed.

> I usually go ahead without permission and if caught, ask for forgiveness.

10. David trusted in God in ways which are mind boggling to me. He lived by faith and not by sight (most of the time). When God calls you to obedience, do you immediately obey or make sure all your ducks are in a row before following?

11. David says that “he has calmed and quieted his soul, like a weaned child is my soul within me”. The weaned child has gone through his first big trial in life in his weaning... but knowing that Mom was always there. David grew in his dependence to God as God weaned him. Where are you in your faith walk? Still in the weaning stage or are you able to say, “I have calmed and quieted my soul...like a weaned child is my soul within me” (in all circumstances of life).

12. I believe we all desire to be authentic...yet, we fear the looking at the parts or ourselves which we’d rather leave hidden. Knowing that Jesus came for the sinners and not the righteous...discuss the quote from Richard Sibbes:

“It were an easy thing to be a Christian,
If religion stood only in a few outward works and duties,
But to take the soul to task, and deal roundly with our own hearts,
And to let conscience have its full work,
and to bring the soul into spiritual subjection unto God,
This is not so easy a matter,
because the soul out of self-love is loath to enter into itself,
lest it should have other thoughts of itself than it would have.”

Is this quote encouraging or convicting for you?

13. David uses the word “hope” as a command from God. An assurance of hope comes from an assurance of faith. Discuss the relationship between faith and hope.

14. Dean used a quote from Thomas Chalmers’ sermon, entitled, “Expulsive Power of a New Affection”. Chalmers said that you cannot expel bad habits by sheer willpower, because the heart must have an object of desire, and it cannot exist in a vacuum. He said the only effective way to overcome sinful or worldly affections is to replace them with a greater, more compelling affection—love for God.

Do you agree with Chalmers or have you been able to get rid of things like pride, arrogance, selfishness...by sheer will power?

15. Did this message on Psalm 131 affirm your current spiritual walk, or do you plan to change something?