

## **How's Your Posture?**

### **Psalm 131**

**August 14, 2022**

“Again, it is certain that man never achieves a clear knowledge of himself unless he has first looked upon God’s face, and then descends from contemplating him to scrutinize himself.<sup>6</sup> For we always seem to ourselves righteous and upright and wise and holy—this pride is innate in all of us—unless by clear proofs we stand convinced of our own unrighteousness, foulness, folly, and impurity.” – John Calvin

### Psalm 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. But I have calmed and quieted my soul, like a weaned child with its mother; like a weaned child is my soul within me. O Israel, hope in the Lord from this time forth and forevermore.

**Main Idea: True rest and hope is found in realizing God is God, and we are not.**

I. An appropriate posture towards God is one of humility (v. 1)

### Proverbs 6:16-17a

There are six things that the Lord hates, seven that are an abomination to him:  
haughty eyes

### Proverbs 21:4

Haughty eyes and a proud heart, the lamp of the wicked, are sin.

### Psalm 101:5

Whoever slanders his neighbor secretly I will destroy. Whoever has a haughty look and an arrogant heart I will not endure.

### Genesis 3:4-6

“You will not surely die. For God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil.” So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that

the tree was to be desired to make one wise, she took of its fruit and ate, and she also gave some to her husband who was with her, and he ate.

### **IMAGE – The New Yorker**

Isaiah 57:15

For thus says the One who is high and lifted up,  
who inhabits eternity, whose name is Holy: “I dwell in the high and holy place...”

“But being lofty or high is dangerous because objectively, in itself, it suggests a challenge to the one who is lofty and high, and because subjectively it is almost impossible to be lofty and high without becoming people who see themselves as impressive and important, as godlets. The difference between God and us is that God never thinks he is us.” – John Goldingjay

Romans 9:18-20

So then he has mercy on whomever he wills, and he hardens whomever he wills. You will say to me then, “Why does he still find fault? For who can resist his will?” But who are you, O man, to answer back to God? Will what is molded say to its molder, “Why have you made me like this?”

Job 42:1-3

Then Job answered the Lord and said: “I know that you can do all things, and that no purpose of yours can be thwarted. ‘Who is this that hides counsel without knowledge?’ Therefore I have uttered what I did not understand, things too wonderful for me, which I did not know.”

Philippians 2:3-11

Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves. Let each of you look not only to his own interests, but also to the interests of others. Have this mind among yourselves, which is yours in Christ Jesus, who, though he was in the form of God, did not count equality with God a thing to be grasped, but emptied himself, by taking the form of a servant, being born in the likeness of men. And being found in human form, he humbled himself by becoming obedient to the point of death, even death on a cross. Therefore God has highly exalted him and bestowed on him the name that

is above every name, so that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue confess that Jesus Christ is Lord, to the glory of God the Father.

**Main Idea: True rest and hope is found in realizing God is God, and we are not.**

II. A posture of humility brings contentment and hope (vv. 2-3)

“The emblem, “like a weaned child upon his mother;” is meant to illustrate the kind of quiet, secure and safe trust the psalmist has in the LORD.” – Allen P. Ross

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This is what Jesus taught. We not only need a childlike faith and dependance to enter into His kingdom but also how we experience the rest and hope HE provides.

Matthew 18:1-4

At that time the disciples came to Jesus, saying, “Who is the greatest in the kingdom of heaven?” And calling to him a child, he put him in the midst of them and said, “Truly, I say to you, unless you turn and become like children, you will never enter the kingdom of heaven. Whoever humbles himself like this child is the greatest in the kingdom of heaven.

Matthew 6:25-33

“Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And which of you by being anxious can add a single hour to his span of life? And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, yet I tell you, even Solomon in all his glory was not arrayed like one of these. But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith? Therefore do not be anxious, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we

wear?' For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. But seek first the kingdom of God and his righteousness, and all these things will be added to you.

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