

## Sermon Notes:

### Psalm 131: "Stepping Off the Tread Mill"

Introduction:

"Over the past several years, I've noticed that many women live under the weight of false guilt and self-condemnation. Many are enslaved to their past as a result of their own sin or the sin of others and are unable to break free from it. Others are in bondage to what the Bible refers to as "fear of man," in other words, people pleasing. They are gripped by fear of rejection, fear of what others think of them, and a longing for approval. Still others are emotional prisoners to worry, fear, anger, depression and self-pity."

(A Women's Ministry leader)

#### 1. We begin with a relationship with God.

**"O LORD"**=Yahweh

Addressing God by his personal name, not generic "God"

We can have this intimacy with God because of Psalm 130:3-4, 7-8.

#### 2. We must deal with the pride issue.

*"my heart is not lifted up; my eyes are not raised too high"*

Entering the REALM of humility:

**R: Repentance (daily)**

**E: Expectations (put them aside)**

**A: Actions (find humble ways to serve)**

**L: Listen (more than talk)**

**M: Meditate (on humility verses in the Bible)**

**3. We need to stop trying to make a name for ourselves and fully embrace our true identity.**

***“I do not occupy myself with things too great and too marvelous for me.”***

Where do we Americans get our identity?

1. From the input others give us: how people tag us/respond to us

(Galatians 1:10)

2. From what we achieve

**“What we do does not determine who we are. Who God says we are determines what we do.”**

## **What Am I? How God Sees Me and How I Should See Myself**

**Loved—Rom 5:8; 1 John 3:1**

**God’s Treasure—Eph 1:18; Deut 7:6**

**God’s Workmanship—Eph 2:10**

**Holy, Blameless, and above Reproach—Col 1:22; Eph 1:4**

**Justified—Rom 5:1**

**Saint (Holy One)—Eph 1:1; 6:18**

**Forgiven and Not Condemned—Eph 1:7; Rom 8:1**

**Adopted by God—Eph 1:5**

**Blessed with EVERY Spiritual Blessing—Eph 1:3**

**Temple of the Living God—1 Cor 6:19–20; 2 Cor 6:16**

**Member of God’s Household—Eph 2:19**

**Child of God and Fellow Heir with Christ—Rom 8:16–17**

**Predestined to Become Like Jesus—Rom 8:29**

**Freed from Sin; Slave of God—Rom. 6:22**

**Sealed with the Holy Spirit—Eph 1:13**

**Chosen, Called by Name and Belong to God—Isaiah 43:1; Eph 1:4**

**Redeemed—Eph 1:7**

**Lavished with Grace—Eph 1:8**

**New Creation—2 Cor 5:17**

**Reconciled to God—Rom 5:10–11**

We can make a name (identity) for ourselves (Genesis 11:4), or we can let God make a name for us (Genesis 12:1–2).

**“We don't serve God to gain his acceptance; we are accepted so we serve God. We don't obey God in order to be loved; we are loved, so we obey God.”**

**4. We need to calm and quiet our souls.**

*“But I have calmed and quieted my soul, like a weaned child with its mother; like a weaned child is my soul within me.”*

**5. We need to focus our minds MUCH more on the Lord.**

*“O Israel, hope in the LORD, from this time forth and forevermore.”*

Hoping=trusting, waiting, resting

**Ps 130:5-7**

**Isaiah 49:15**

**Conclusion:** Do you want this kind of rest?

## **Soul Rest in Psalm 131**

- 1. We begin with a relationship with God through Jesus Christ.**
- 2. We deal with the pride issue.**
- 3. We stop trying to make a name for ourselves and fully embrace our true identity.**
- 4. We calm and quiet our souls by focusing on the Lord.**

(Matt 11:28-29)