

## **The Great Release of Preoccupation** **Psalm 131 (CSB & ESV)**

*What do you find your mind spinning about when you are alone?*

Verse 1

*In the knowledge of King David that you already have, what do you think he may have thought about when he was alone?*

*How would you put “lifted up” and “raised too high” in other words?*

*Think about someone on their tiptoes looking over a fence. What do they have to do with their eyes?*

Occupy (ESV) Get involved with (CSB) Concern myself with (NLT)  
Meddled or fantasized (MSG)

- to dwell on, to think about – obsess, and even anxiousness

*Think about the things you jotted down that cause your mind to spin. Does “occupying yourself” with thoughts of those relationships and circumstances change anything?*

Too Great and Too Marvelous: The wondrous deeds of the Lord, used 30 times in the psalms

I will thank the Lord with all my heart; I will declare all your wondrous works. Psalm 9:1

Lord my God, you have done many things—  
your wondrous works and your plans for us;  
none can compare with you.  
If I were to report and speak of them,  
they are more than can be told. Psalm 40:5

Occupying ourselves with anything outside of our control indicates an inner arrogance that we have the power and ability to change things that are actually too great or too marvelous for our human selves.

I will not occupy myself with that which is out of my control.

Questions: What occupies you? Where are you lifting your eyes? What are you standing on your tiptoes to see? Where is your sticky beak?

Verse 2 Instead (CSB) But (ESV)

*What is the contrast from a proud heart and raised eyes? What are the two words that describe his heart?*

The comfort of humility – I don’t need to know why because I trust the Lord.

*What does David compare the child to?*

A weaned child — able to quiet your own soul in the loving presence of God.

Using a maternal image of the Lord, King David describes a child that isn't in need of what the mother can give — nourishment, but is leaning in for love, comfort, and delight — relational closeness.

"Heavenly comforts break through our despair and persuade us that 'all will be well and all manner of things will be well.'" ~ Eugene Peterson (A long Obedience in the Same Direction, pg 156, quoting Julian of Norwich)

Verse 3

*What does he tell Israel to do?*

"occupy" vs. "hope"

*How would you describe hope?*

"Hope persists in spite of very real facts because it is anchored in something / someone greater than our circumstances."

Israel, put your hope in the Lord. For there is faithful love with the Lord, and with him is redemption in abundance. Psalm 130:7

*As Jesus-people where do we place our hope?*

This is a corporate call for hope: O Israel, put your hope in God.

Questions:

When, where, and how will you combat your occupied sticky beak with putting your hope in God? How does your soul find great release in the Lord?

**Occupy yourself with hope in God.**