



Day 2

Psalm 131

Most of our waiting is noisy. Our minds churn. Our hearts race. We rehearse conversations, plan escape routes, imagine worst-case scenarios. We wait on test results, decisions, provisions—and our souls feel like a storm.

Psalm 131 is shockingly short, but it gives a picture of what waiting can look like. David was told he would be the King of Israel, but that had not happened yet.

Knowing this God-appointed throne awaiting him, David fought the temptation to hurry along the promises of God.

He prayed in verse 2, “I have calmed and quieted my soul, like a weaned child with its mother” (v.2). A weaned child is not frantic for milk anymore. He rests not in what his mother gives, but in who she is.

While you wait on God, your soul will either behave like an unweaned child—screaming until you get what you want—or like a weaned child, resting in the arms of a Father you trust even when you don’t understand.

Notice what David does while he waits. He rejects pride: “My eyes are not raised too high” (v.1). He refuses to obsess over what belongs to God: “I do not occupy myself with things too great and too marvelous for me.” Instead, he puts his hope in the LORD “from this time forth and forevermore” (v.3). In short, he humbles himself and remains dependent on God.

Waiting well is not figuring everything out. Waiting well is quieting your soul before the God who knows it all.

Pray: “Father, my heart is loud and restless. Help me to calm and quiet my soul like a child with You, and to hope in You and rely on Your word while I wait.”