

Psalms of Ascent part 12 *“Quieting your Soul”*

“When you are waiting you are not doing nothing. You are “doing” the most important something there is... you are allowing your soul to grow up. If you can’t wait, you can’t become what God created you to be.”
Unknown Trappist Monk

“The fastest Psalm to read, but the Psalm that takes the longest to learn” Charles Spurgeon

Waiting/Quieting

Waiting/Quieting simply defined is the spiritual discipline of simply being still and quiet, alone and learning to quiet your heart/soul in the presence of God.

Western culture generally speaking resists waiting/quieting!

Depth (soul and life) takes time, it takes focus, takes reflection and takes commitment. This leads to depth in your connecting with others, God and even yourself.

Addiction--Anything we use repeatedly and compulsively to stop our personal growth

Our inner lives apart from quieting/waiting for God is a reflection of our outer world/culture we live in.

Psalm 131:1

James 4:6

God is God and I am not

Psalm 131:2

“Shawah”

All throughout Scripture is the idea of quieting oneself or being still

Psalm 46:10

We define peace in our lives with the satisfaction of our needs, in reality our desires, being met

“Psalm 131 offers a picture of a mature follower of Christ who has grown into a deeper stage of faith, like that of a weaned child.” –Tyler Staton, Lead Pastor Bridgetown Church

A deep faith in Christ requires us to sit in a position of waiting and quietness.

“That is the problem right there young lady, you have bought into the cultural myth, that when you are waiting you are doing nothing. But when you are waiting, you are doing the most important something you can do, you are allowing your soul to grow up, if you can’t wait you can’t become what God created you to be”—
Unknown Trappist Monk

God’s greatest miracles, require weaning, it requires the willingness to be denied, learning to trust in the presence of God, not in the provision of God.

Waiting/Quieting, something we will be learning in the next few weeks creates the environment to partner with God to do the slow work of transforming us from the inside out...

What is the fruit of all this

Psalm 131:3

Hope

Hope is a powerful force in this world!

“Hope allows a human being to envision, and long for, and live into a better future, than what seems presently possible.” Tyler Staton, Senior Pastor Bridgetown

Three thoughts to lead you towards quieting prayer:

1. Holy Spirit, what obstacles are holding me back in experiencing the quiet with You?
2. Holy Spirit, show me how I can give these things over to You.
3. What would it look like for me to build spaces in my life, in my day to experience the quiet and solitude?