

Discussion Questions  
July 19, 2026 | Psalm 131  
Flying Right-Side Up in an Upside Down World

UPWARDS – Growing in Our Relationship with God

1. The sermon explains that Psalm 131 highlights a contrast between the values of God's Kingdom and the values of the world. What are some examples of the attitudes and ambitions the world encourages, and how does Psalm 131 call us to embrace the values of God's Kingdom instead?
2. David declares, “My heart is not proud, Lord; my eyes are not haughty” (v. 1). In what practical ways do you remind yourself to look to God's character and grace rather than finding your identity or security in your own achievements?
3. The flow of Psalm 131 moves from humility (“not proud”) to contentment (“calmed and quieted”) and finally to hope (“put your hope in the Lord,” v. 3). How are these qualities connected, and what do they show us about growing in trust and dependence on God?

INWARDS – Growing in Fellowship with One Another

4. David's words in verse 1 reveal a heart that recognizes its own limitations before God. How does cultivating heart humility, rather than seeking outward perfection, change the way we respond to the failures and struggles of others?
5. The image of the “weaned child” (v. 2) points to a mature faith that rests in God Himself, not merely in His gifts. How does this challenge you to examine whether we are seeking the Lord for His “hand” (what He provides) or His “face” (who He is)?
6. David found contentment and rest in the Lord (v. 2). How does witnessing another believer trust God and find peace in a difficult season remind and encourage the church family to persevere through our own trials?

OUTWARDS – Reaching Those Around Us

7. The sermon says the world is “flying upside down” by valuing self-assertion, status, and pride. In contrast, Psalm 131 calls God's people to humility. How can our commitment to “not be proud” (v. 1) become a witness to the values of God's Kingdom?
8. The contentment of verse 2 reflects a “worldview shift” that challenges a world seeking satisfaction in pride, status, and possessions. How does finding rest in God, like a “weaned child,” demonstrate the alternative values of God's Kingdom to those around us?
9. The psalm calls us to hope in the Lord “both now and forevermore” (v. 3). In what specific area of your life do you need the eternal perspective of God's Kingdom to help you endure a difficult season you or those around you are facing today?