



A Long Obedience in the Same Direction

Week 4 - *Calm Down*

Psalm 131

Bottom line: Faithful aspiration and childlike trust lead to contentment, also known as, a long obedience in the same direction.

1. How would you describe contentment? What areas do you struggle the most with finding contentment?
2. Real Psalm 131
 - a. In what ways are you tempted toward arrogance? If you could master something, what would it be?
 - b. In what way are you tempted toward neediness? If you could remain dependent on something without it causing harm, what would that something be?
3. How is aspiration different from arrogance? What are some things you aspire toward?
4. How is childlike trust different from neurotic dependency? What are some ways you need to trust more?
5. How does the perspective of forever help you aspire and trust differently now?
6. What is your understanding of “a long obedience in the same direction?”