

# Soul Stillness

Luke Saunders

“O Lord, my heart is not lifted up;  
my eyes are not raised too high;  
I do not occupy myself with things  
too great and too marvelous for me.

But I have calmed and quieted my soul,  
like a weaned child with its mother;  
like a weaned child is my soul within me.

O Israel, hope in the Lord  
from this time forth and forevermore.” (Ps 131:1–3).

## How to do I pursue soul stillness?

### 1. Abandon Selfish Ambition

Psalm 146: Put not your trust in princes, in a son of man, in whom there is no salvation, when his breath departs, he returns to the earth; on that very day **his plans perish**.

James 3:16 - For where jealousy and selfish ambition exist...there will be **disorder** and every vile practice.

### 2. Hope in the Lord.

## **A Quiet Soul is a Loud Testimony.**

And when he got into the boat, his disciples followed him. <sup>24</sup> And behold, there arose a great storm on the sea, so that the boat was being swamped by the waves; but he was asleep. <sup>25</sup> And they went and woke him, saying, “Save us, Lord; we are perishing.” <sup>26</sup> And he said to them, “Why are you afraid, O you of little faith?” Then he rose and rebuked the winds and the sea, and there was a great calm. <sup>27</sup> And the men marveled, saying, “What sort of man is this, that even winds and sea obey him?” (Mt 8:23–27).