

**Finding Calm  
in  
the Chaos**

**Psalm 131**

# Psalm 131

**A song of ascents of David.**

<sup>1</sup> Lord, my heart is not proud; my eyes are not haughty. I do not get involved with things too great or too wondrous for me.

# Psalm 131

<sup>2</sup> Instead, I have calmed and quieted my soul like a weaned child with its mother; my soul is like a weaned child. <sup>3</sup> Israel, put your hope in the Lord, both now and forever.

**Honestly question your heart.**

## **Psalm 42:5**

Why are you cast down, O my soul,  
and why are you in turmoil within  
me?

**Psalm 131:1**

**Lord, my heart is not proud;  
my eyes are not haughty...**

**We must honestly question our own hearts.**

**Am I too absorbed with myself?**

# Psalm 131:1

Lord, my heart is not proud;  
**my eyes are not haughty...**



**We must honestly question our own hearts.**

**Am I constantly comparing  
myself with others?**

# Psalm 131

<sup>1</sup> Lord, my heart is not proud; my eyes are not haughty. **I do not get involved with things too great or too wondrous for me.**

**We must honestly question our own hearts.**

**Am I focused on things I outside  
my control?**

# What I can't Control

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**The Past**

**The Future**

**Genetics/Family of Origin**

**Others** - thoughts, feelings or actions

# What I can Control

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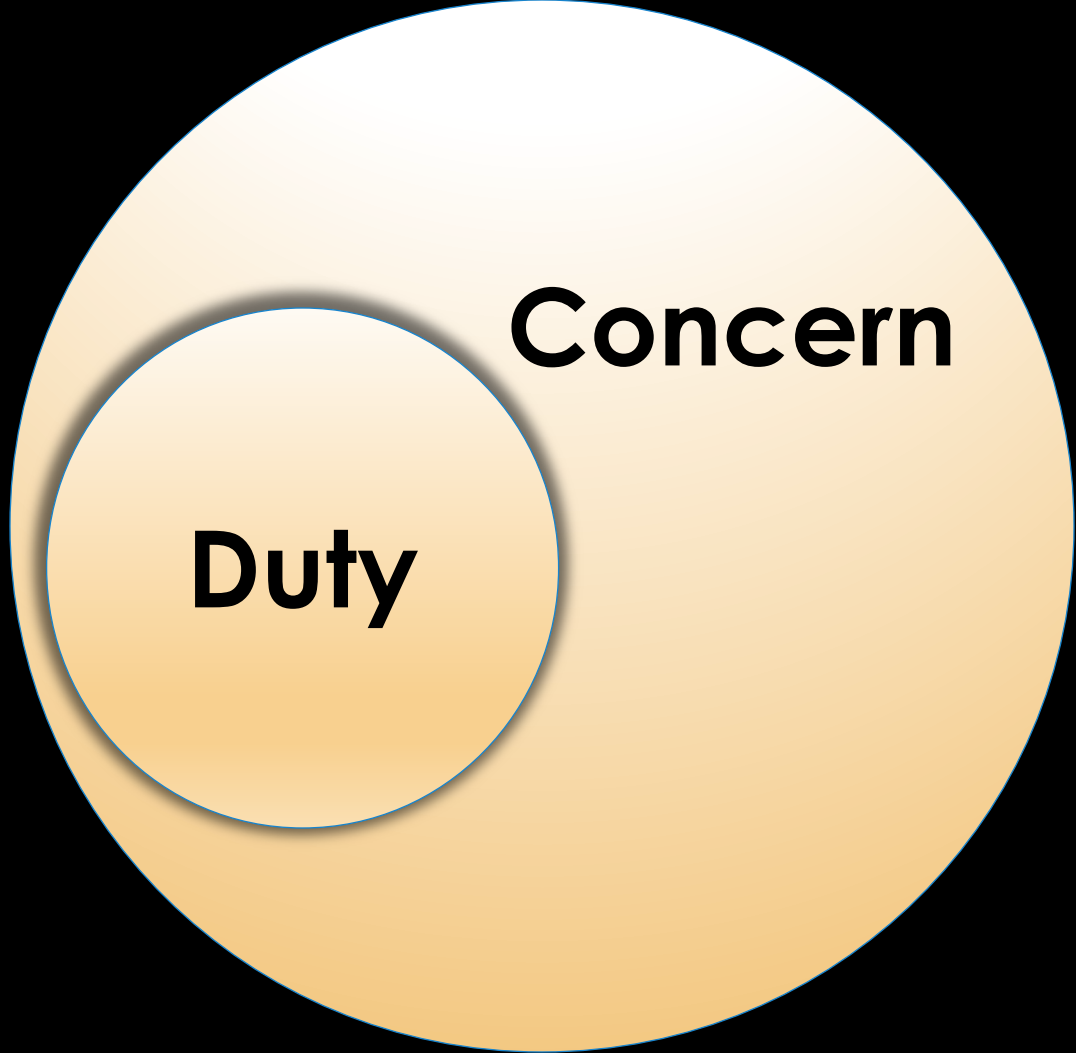
**Myself**

**My Thoughts**

**My Feelings**

**My Actions**

**We must know the difference  
between areas of responsibility  
and areas of concern.**



**Concern**

**Duty**

**Duty**

**Concern  
Trust & Pray**

## **Philippians 4:5-7**

The Lord is near. Don't worry about anything, but in everything, through prayer and petition with thanksgiving, present your requests to God.



## **Philippians 4:5-7**

And the peace of God, which surpasses all understanding, will guard your hearts and minds in Christ Jesus.

Duty

# **Concern Trust & Pray**

**Believe that He Can  
Ask that He will  
Trust what He does  
Praise Him no matter what**

Duty

cern

Trust & Obey

## Psalm 131:2

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

## John 14:27

Peace I leave with you. My peace I give to you. I do not give to you as the world gives. Don't let your heart be troubled or fearful.

## **Psalm 131:2**

I have calmed and quieted my  
soul **like a weaned child with its  
mother; my soul is like a weaned  
child.**

**Take action to Calm your Heart.**

Don't wait for circumstances to  
change

# Psalm 131

<sup>3</sup> O Israel, put your hope in  
the Lord, both now and forever.



**We must take action to calm our hearts.**

**Remember God's Character and  
your identity in Christ!**

# Lamentations 3:21-24

But this I call to mind,

and therefore I have hope:

**22** The steadfast love of  
the Lord never ceases;

his mercies never come to an  
end;

## Lamentations 3:21-24

<sup>23</sup> they are new every morning;  
great is your faithfulness.

<sup>24</sup> “The Lord is my portion,” says my  
soul,

“therefore I will hope in him.”

## **Colossians 3:1-3**

If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God.

## **Colossians 3:1-3**

Set your minds on things that are above, not on things that are on earth. For you have died, and your life is hidden with Christ in God.

**We must take action to calm our hearts.**

**Confess, Repent and Rest!**

## **Hebrews 4:16**

Therefore, let us approach the throne of grace with boldness, so that we may receive mercy and find grace to help us in time of need.

# Psalm 103:8-12

The Lord is compassionate and  
gracious,

slow to anger, abounding in love.

• He will not always accuse,

nor will he harbor his anger  
forever;



# Psalm 103:8-12

<sup>10</sup> he does not treat us as our sins  
deserve

or repay us according to our  
iniquities.

# Psalm 103:8-12

<sup>11</sup> For as high as the heavens are  
above the earth,

so great is his love for those who  
fear him;

<sup>12</sup> as far as the east is from the west,  
so far has he removed our  
transgressions from us.

## **Romans 8:1-3**

Therefore, there is now no condemnation for those who are in Christ Jesus, because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death.

## **Romans 8:1-3**

For what the law was powerless to do because it was weakened by the flesh, God did by sending his own Son in the likeness of sinful flesh to be a sin offering.

## **Romans 8:1-3**

And so he condemned sin in the flesh in order that the righteous requirement of the law might be fully met in us, who do not live according to the flesh but according to the Spirit.

# Psalm 131

<sup>3</sup> ○ Israel, put your hope in  
the Lord, both now and forever.

**We must take action to calm our hearts.**

**Hope in God alone.**

## Psalm 42:5

Why are you cast down, O my soul,  
and why are you in turmoil within  
me?

Hope in God; for I shall again  
praise him, my salvation



**Hope** - confident expectation and certainty that what God has promised in the Word is true, has occurred, and or will occur in accordance with His Word

# Confident Assurance that He Will

- Receive us into glory to be with Him eternally. (Jn 14)
- Give us a new body in a new heavenly kingdom. (1 Cor 15)
- Always be gracious and forgive us abundantly. (1 Jn 1:9)

- Never abandon us or forsake us but will be with us in all things. (Mt 28:20)
- Reward us for faithfulness. (Mt 25:31-40)
- Supply our every true need (Mt 6:25-33)
- Give us everything we need for life and godliness. (2 Peter 1:3)
- Be strong on our behalf when we are weak. (2 Cor. 12:9-10)

- Gift us with spiritual gifts through His indwelling Holy Spirit so that we can be the church he intended. (1 Cor. 12)
- Be found when we seek Him with our whole heart. (Jer 29:13)
- Work all things for our good and his glory. (Rm 8:28)
- Complete the good work he began in us until we attain the maturity of Christ (Rm 8:29)