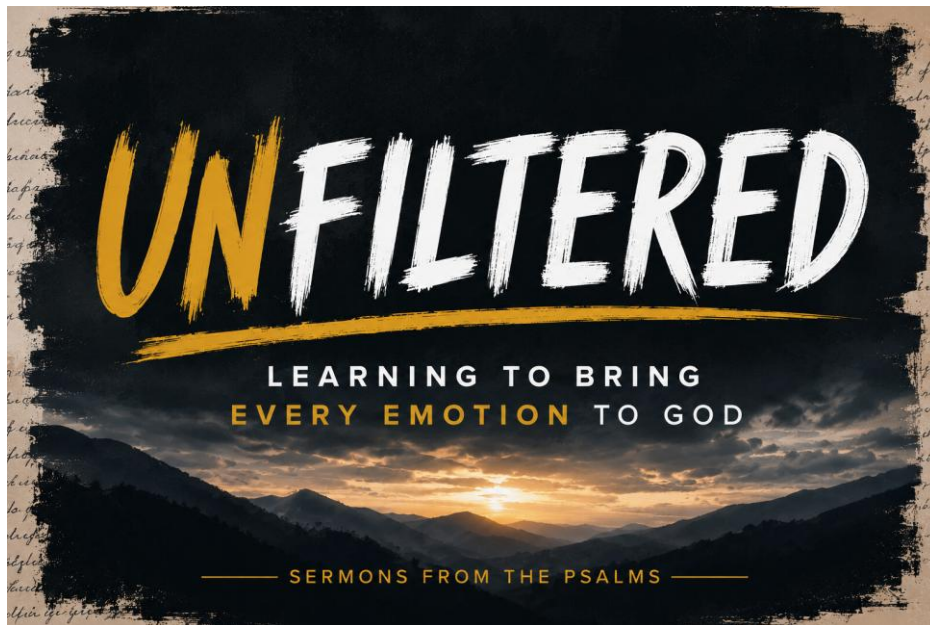




How to Calm Your Caffeinated Soul Psalm 131

Have you ever been outwardly exhausted... but you couldn't turn your mind off?

I call that the caffeinated soul. And you don't have to drink coffee or tea to have one. A caffeinated soul is a soul that can't settle down. It keeps thinking. Planning. Replaying. Anticipating. Worrying. Trying to figure everything out. Trying to keep everything under control.

Tucked inside the book of Psalms is a little three-verse psalm for the caffeinated soul. And right in the middle, David says something that almost sounds impossible: “I have calmed and quieted my soul.” We know this is where we want to be. We know we should trust God. We know we shouldn't worry. We know we can't control everything. We know **what** to do. What we need help with is **how**. How do you quiet a soul that won't stop pacing? How does a caffeinated soul learn to rest? That's what I want us to discover in these three little verses.

When your soul becomes restless, **REST:**

Recognize it.

² But I have calmed and quieted my soul,

Express it.

Surrender it.

¹ 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.

Turn toward God.

² But I have calmed and quieted my soul, like a weaned child with its mother; like a weaned child is my soul within me.

*What is one thing keeping your soul from rest? Remember Psalm 131. You don't have to carry what belongs to God. You can stop pacing. You can stop trying to hold tomorrow together. There is a place for the restless soul. Like a weaned child with its mother. Not because everything has been resolved, but because you know Whose arms are holding you. **REST.***