

Come to God

Psalm 131

May 10, 2026

We approach God with humble and quieted souls because of our eternal hope.

Come Humble (1)

Come Hushed (2)

Come Hopeful (3)

ICE BREAKER: What is stuck in your head right now? (song, words, pictures, thoughts, etc.)

DISCUSSION

Why is *how* we come to God so important?

What do you see as the primary drivers of “soul tinnitus” and how does this text help us with this?

Discuss the role of faith in the areas of humility, calm/quieted soul, and eternal hope.

PRAY: Spend some time praying for the church family of Redemption.

ASSESS

Where are you more prone to occupying yourself with things too great? Why?

Would you refer to your faith as childish or child-like and what causes it to move in the other direction?

APPLY

What are some practical ways we can turn down the noise or relinquish control in your life?

Spend some extended time in quiet this week, with a calmed and quieted soul before the Lord.

PRAY:

- Ask God to expose pride, comparison, control, and self-exaltation.
- Pray for grace to reduce the noise that keeps your heart restless.
- Ask Him to mature your faith from demanding to resting.
- Thank Jesus that His finished work gives us hope past, present, and future.