

EMOTIONALLY HEALTHY HOLIDAYS

IMMERSING OUR HEARTS IN THE SONGS OF JESUS

CULTIVATING A HOPEFUL HEART

EXCHANGING RESTLESSNESS FOR REST IN OUR PILGRIM JOURNEY

Pastor Cary Schmidt | Sunday, December 8, 2019

PSALM 131

1 A Song of degrees of David. LORD, my heart is not haughty, nor mine eyes lofty: neither do I exercise myself in great matters, or in things too high for me. 2 Surely I have behaved and quieted myself, as a child that is weaned of his mother: my soul is even as a weaned child. 3 Let Israel hope in the LORD from henceforth and for ever.

1. A HOPEFUL HEART

TO JESUS

PSALM 131:1

1 LORD, my heart is not haughty, nor mine eyes lofty: neither do I exercise myself in great matters, or in things too high for me.

MATTHEW 11:28-30

28 Come unto me, all ye that labour and are heavy laden, and I will give you rest. 29 Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. 30 For my yoke is easy, and my burden is light.



EMMANUEL
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ROMANS 12:16

16 Be of the same mind one toward another. Mind not high things, but condescend to men of low estate. Be not wise in your own conceits.

ROMANS 11:33

33 O the depth of the riches both of the wisdom and knowledge of God! how unsearchable are his judgments, and his ways past finding out!

2. A HOPEFUL HEART

IN JESUS

PSALM 131:2

2 Surely I have behaved and quieted myself, as a child that is weaned of his mother: my soul is even as a weaned child.

PSALM 62:1

1 Truly my soul waiteth upon God: from him cometh my salvation.

LUKE 21:19

19 In your patience possess ye your souls.

3. A HOPEFUL HEART

PSALM 131:3

3 Let Israel hope in the LORD from henceforth and for ever.

PSALM 130:7

7 Let Israel hope in the LORD: for with the LORD there is mercy, and with him is plenteous redemption.

LAMENTATIONS 3:18-26

*18 And I said, My strength and my hope is perished from the LORD:
19 Remembering mine affliction and my misery, the wormwood and the gall.
20 My soul hath them still in remembrance, and is humbled in me. 21 This I recall to my mind, therefore have I hope. 22 It is of the LORD'S mercies that we are not consumed, because his compassions fail not. 23 They are new every morning: great is thy faithfulness. 24 The LORD is my portion, saith my soul; therefore will I hope in him. 25 The LORD is good unto them that wait for him, to the soul that seeketh him. 26 It is good that a man should both hope and quietly wait for the salvation of the LORD.*

JEREMIAH 17:7-10

7 Blessed is the man that trusteth in the LORD, and whose hope the LORD is. 8 For he shall be as a tree planted by the waters, and that spreadeth out her roots by the river, and shall not see when heat cometh, but her leaf shall be green; and shall not be careful in the year of drought, neither shall cease from yielding fruit. 9 The heart is deceitful above all things, and desperately wicked: who can know it? 10 I the LORD search the heart, I try the reins, even to give every man according to his ways, and according to the fruit of his doings.