

Individual Confidence Turning to
Communal Hope

Psalms of David · Book V · Songs of Ascents

"A Song of Ascents. By David."

IN ONE SENTENCE

*My heart is humble and my soul is calm as a weaned child, so I hope in the LORD.***Remember it:** One thirty-one: a weaned child rests quiet, and so does my soul.

MEMORY VERSE

Surely I have stilled and quieted my soul,
like a weaned child with his mother, like a
weaned child is my soul within me.

Psalm 131:2 · World English Bible

HEBREW WORD

נָגַמַל

"weaned child" · verse 2

In the Psalms: ten times, in 9 psalms

נָגַמַל means "weaned." The root also means to deal fully with someone, and weaning is the finished stage of nursing. A weaned child sits with its mother content, no longer crying for milk; so the soul rests near the LORD for who he is, not for what it can get.

HOW THE PSALM MOVES

- 1 A heart not proud, not reaching for things too great
- 2 A soul stilled like a weaned child with its mother
- 3 Israel urged to hope in the LORD forever

MY NOTES

**Listen.** Hear Psalm 131 sung in the **Psalm Song** app, or free at ispress.de/psalms/131.**Cantillated.** Sung: chanted back and forth between a leader and the people.

Waiting on God

The Two Ways

FILL IN THE BLANKS

My heart is _____ and my soul is _____ as a weaned child, so I
_____ in the LORD.

CHECK YOURSELF

1. The psalmist says he does not concern himself with...

☐ (A) the poor

☐ (B) his enemies

☐ (C) the temple

☐ (D) great matters, or things too wonderful

2. His soul is stilled like...

☐ (A) a weaned child with his mother

☐ (B) a lamb in a field

☐ (C) a bird in its nest

☐ (D) a ship in a harbor

3. How long is Israel to hope in the LORD?

☐ (A) Until morning

☐ (B) From this time forward and forever

☐ (C) Until the king returns

☐ (D) Seven days

TALK IT OVER

1. What two things does the psalmist say he is not, in verse 1?

2. What does the picture of a weaned child say about our relationship with God?

3. What "great matters" do you need to put down so your soul can be still?

IN YOUR OWN WORDS: WHAT DOES PSALM 131 TEACH?

☐ I listened to the song

☐ I can say what it teaches

☐ I can say verse 2 by heart

☐ I know the picture word

Answers: Blanks: humble · calm · hope · Check yourself: 1. D (v. 1) · 2. A (v. 2) · 3. B (v. 3)