




H U M I L I T Y &
C O N T E N T M E N T

PSALM 131



1 My heart is not proud, Lord, my eyes are not haughty; I do not concern myself with great matters or things too wonderful for me. 2 But I have calmed and quieted myself, I am like a weaned child with its mother; like a weaned child I am content. 3 Israel, put your hope in the Lord both now and forevermore.

Psalm 131

David



1 My heart is not proud,
Lord, my eyes are not
haughty; I do not
concern myself with
great matters or things
too wonderful for me.



Psalm 131



1 You have searched me,
Lord, and you know me.

P S A L M 1 3 9



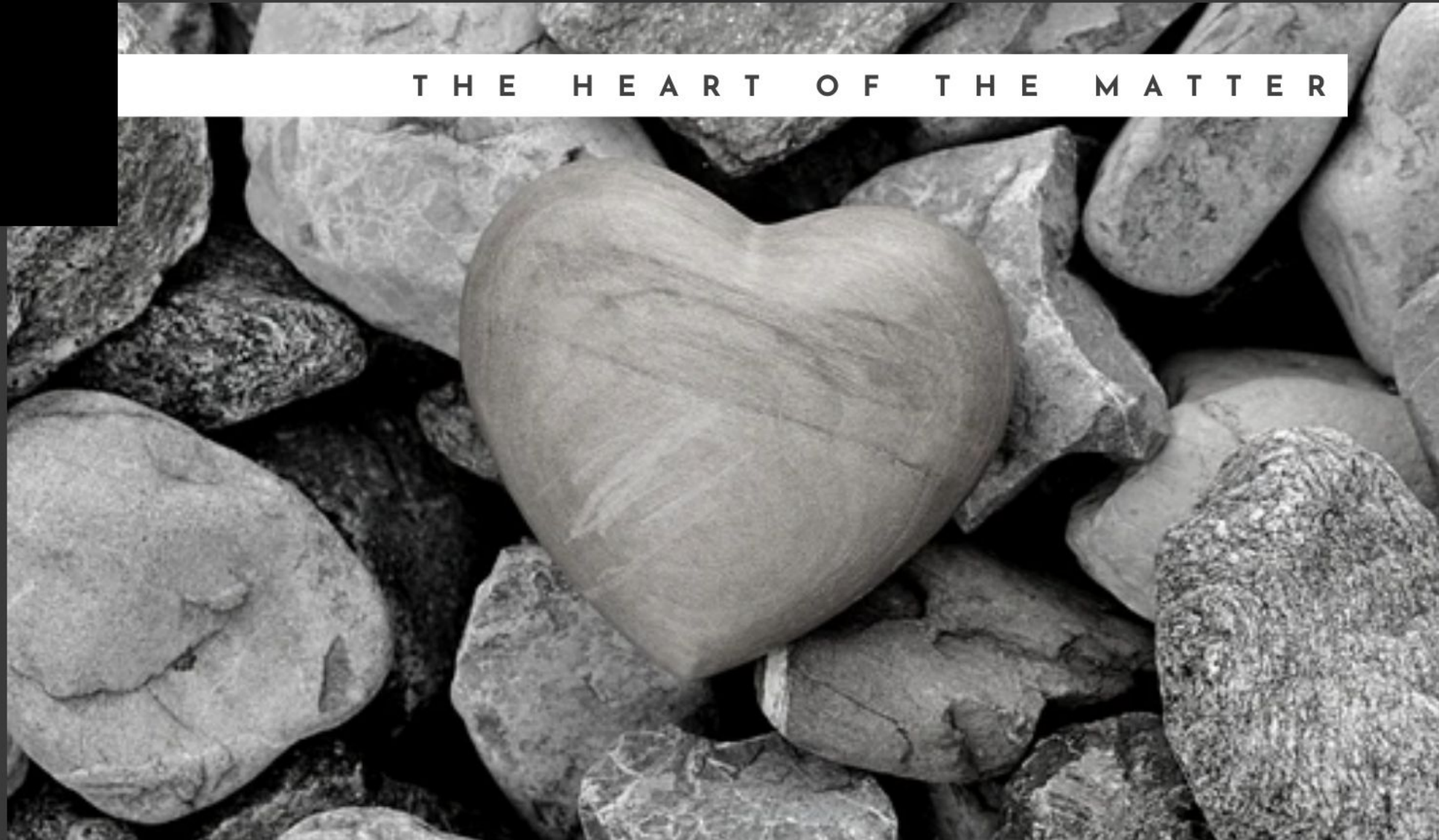
Be Humble In Your Attitude

How I think about myself.

MY HEART IS
NOT PROUD,
LORD

PSALM 131

T H E H E A R T O F T H E M A T T E R





5 The Lord detests all the
proud of heart. Be sure of this:
they will not go unpunished.
(Proverbs 16)



As long as you are proud, you cannot know God. A proud man is always looking down on things and people and, of course, as long as you are looking down, you cannot see something that is above you.

(C.S. Lewis)

3 For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the faith God has distributed to each of you.

(Romans 12)



**True humility is not
thinking less of yourself; it
is thinking of yourself less.**

C. S. Lewis

quote fancy



Be Humble In Your Attitude

How I think about others.

My eyes are
not haughty

PSALM 131



You soon discover
that the heart is like
a well and the eyes
and tongue are like
buckets which draw
water from the same
well. If true humility
is not in the heart,
the eyes will show it.

CHARLES SWINDOLL



1 Peter 5

5 ... All of you, **clothe yourselves with humility towards one another**, because, 'God opposes the proud but shows favour to the humble.'

Proverbs 30

12 those who are pure in their own eyes and yet are not cleansed of their filth; 13 those whose eyes are ever so haughty, whose glances are so disdainful;

BE HUMBLE IN ACTION





A M B I T I O N

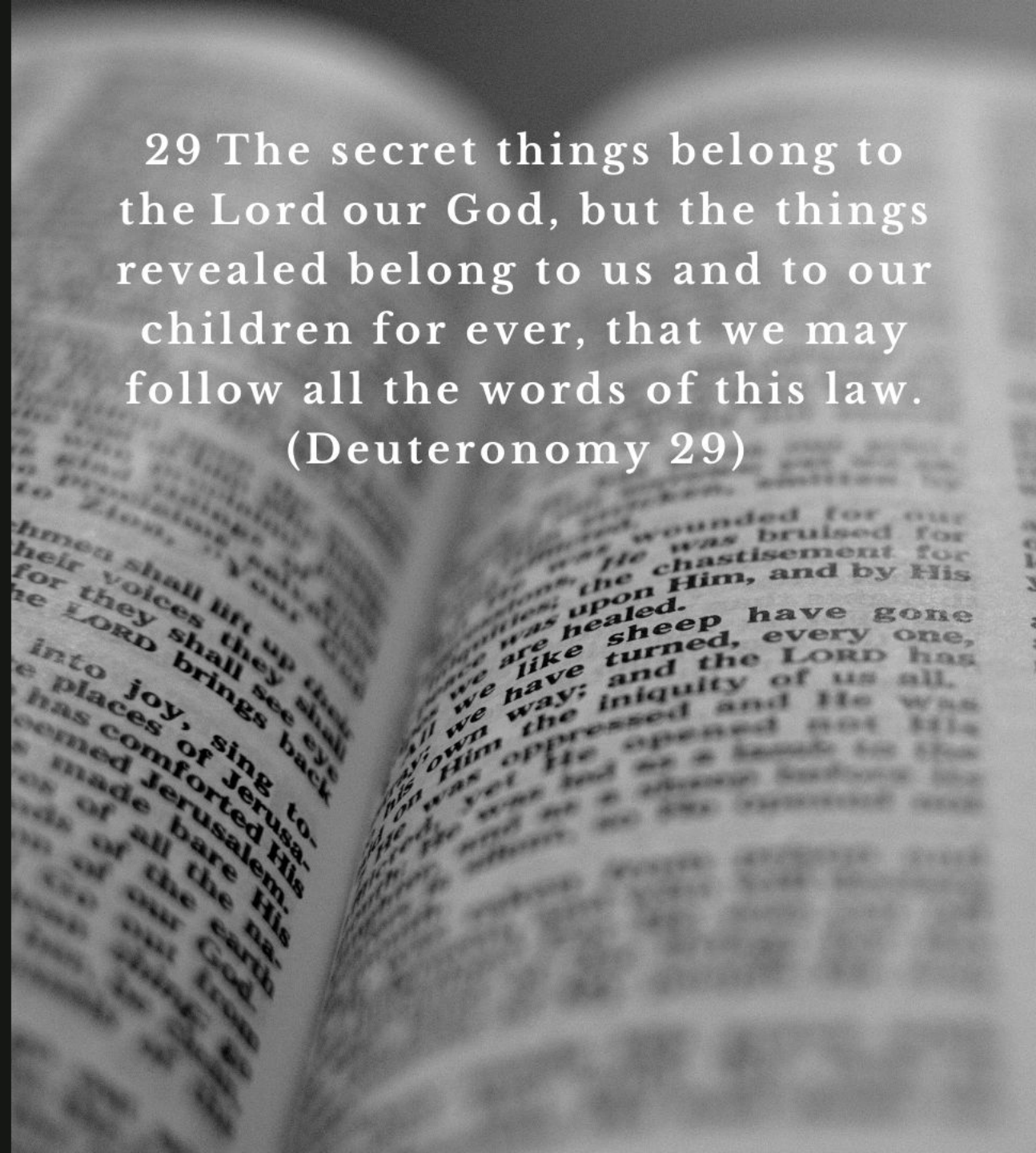
I ... I do not concern myself with great matters
or things too wonderful for me. (Psalm 131)

RAY FOWLER

David is saying: "I have learned not to walk above my means. I have learned not to reach beyond my grasp. I have learned not to expend great effort trying to do things beyond my ability or attempting to understand things beyond my comprehension. I am willing to admit that there are things I cannot do, and many things I do not understand. And that's okay, because my walk is humble, not proud. I'm not caught up in greatness, or achievements or accomplishments. I maintain a lowly, humble walk before the Lord, and I bow my knee to his great power and understanding."

29 The secret things belong to the Lord our God, but the things revealed belong to us and to our children for ever, that we may follow all the words of this law.

(Deuteronomy 29)



2 But I have calmed
and quieted myself, I
am like a weaned child
with its mother; like a
weaned child I am
content.

PSALM 131





D I S C O N T E N T

The proud person compares, competes, and
is never content. *William A. VanGemeeren*



A child is removed from the thing that he naturally craves, the thing that brings him joy and satisfaction, the thing that soothes a raging appetite. And when the child is deprived of the breast, he is agitated. He is rooting around, squirming, seeking what he comfortable and known. And when he can't immediately find what he seeks, he fusses. He is frustrated that he can't immediately get what he wants. The source of his life, his health, his satisfaction is removed from him. He becomes noisy and enraged, kicking and screaming.

Jon English Lee

BABY CONTENT

I am like a weaned
child with its
mother; like a weaned
child I am content.
(Psalm 131)



ALEX MOTYER

Mum is no longer
there to meet demand;
it is enough that she
is there; not now the
breast to feed, but the
hand to hold, the
cuddle that assures,
the kiss that makes it
better.

HOPE

Psalm 130

7 Israel, put your hope in the Lord, for with the Lord is unfailing love and with him is full redemption.

Psalm 131

3 Israel, put your hope in the Lord both now and forevermore.

Psalm 121

7 The Lord will keep you from all harm - he will watch over your life;
8 the Lord will watch over your coming and going both now and for evermore.

IN THE LORD



ANTI PSALM 131

Self,
My heart is proud (I'm absorbed in myself),
And my eyes are haughty (I look down on other people).
And I chase after things too great and difficult for me.
So of course I'm noisy and restless inside, it comes naturally,
Like a hungry infant fussing on his mother's lap,
Like a hungry infant, I'm restless with my demands and my worries.
I scatter my hope onto anything and everybody all the time.

David

Humility

contentment

rest

Psalm 131