

## Psalm 131 — Contagious Contentment

### **1. Contentment about station and abilities.**

Romans 12:3 – *For I say, through the grace given to me, to everyone who is among you, not to think of himself more highly than he ought to think, but to think soberly, as God has dealt to each one a measure of faith.*

Psalm 138:6 – *Though the Lord is on high, yet He regards the lowly; But the proud He knows from afar.*

Proverbs 18:12 – *Before destruction the heart of a man is haughty, and before honor is humility.*

Jeremiah 45:5 – *“And do you seek great things for yourself? Do not seek them; for behold, I will bring adversity on all flesh,” says the Lord. “But I will give your life to you as a prize in all places, wherever you go.”*

Psalm 139:6 – *Such knowledge is too wonderful for me; it is high, I cannot attain it.*

Deuteronomy 29:29 – *The secret things belong to the Lord our God, but those things which are revealed belong to us and to our children forever, that we may do all the words of this law.*

### **2. Contentment about provision and situation.**

Psalm 4:4 – *Be angry, and do not sin. Meditate within your heart on your bed, and be still.*

Psalm 37:7 – *Rest in the Lord, and wait patiently for Him; do not fret because of him who prospers in his way, because of the man who brings wicked schemes to pass.*

Leviticus 10:3 – *And Moses said to Aaron, “This is what the Lord spoke, saying: ‘By those who come near Me I must be regarded as holy; and before all the people I must be glorified.’” So Aaron held his peace.*

### **3. Contentment that communicates confidence.**

Lamentations 3:26 – *It is good that one should hope and wait quietly for the salvation of the Lord.*

Psalm 130:7 – *O Israel, hope in the Lord; for with the Lord there is mercy, and with Him is abundant redemption.*

Matthew 11:29 – *Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls.*

Psalm 123:1–2 – *Unto You I lift up my eyes, O You who dwell in the heavens. Behold, as the eyes of servants look to the hand of their masters, as the eyes of a maid to the hand of her mistress, so our eyes look to the Lord our God, until He has mercy on us.*