

REST IN OUR RESTLESSNESS
Psalm 131 // June 20, 2021 PM

I. Humility leads to rest in our restlessness (vv. 1-2).

II. Hope leads to rest in our restlessness (v. 3).

QUESTIONS FOR FAMILY WORSHIP

1. What is a paradox? Can you give an example of a paradox in the Bible?
2. How does pride make our souls restless in a sinful way? How does humility lead us to rest in God?
3. What imagery does David use to describe the calmness of his soul?
4. What is hope? Why does David end this song by commanding us to hope in God? How does Psalm 130 help us to understand the object of this hope?
5. How does our rest in God relate to our restlessness for God? Can you give an example in your own life or experience?
6. Why is it so important for us to know both restlessness and rest in our souls?

QUESTIONS FOR PRIVATE REFLECTION

1. Can I say with David, "O LORD, my heart is not lifted up; my eyes are not raised too high; I do not occupy myself with things too great and too marvelous for me"?
2. How does my own pride (living as if I am God) lead my soul to the storms of anger, fear, depression, etc.?
3. How might biblical hope teach my soul to be calm and quiet before the Lord?
4. Am I restless in my resting and resting in my restlessness?