

## The Quieted Soul—Psalm 131

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When the psalmist desires to paint a picture of the child of God at peace, he likens the soul to a weaned child, resting in complete contentment with his mother. In this psalm, God is calling us to lay aside our arrogant spirit and restless ambitions, and to repose with absolute confidence in him.

### 1. The Inborn Need for Rest (verse 1)

a. Our arrogant spirit.

b. Our restless ambitions.

### 2. The Marvelous State of Rest (verse 2)

### 3. The Reason We Find Rest (verse 3)