



STUDY GUIDE 12—PSALM 131

For Sermon on August 12, 2018

Most people have a struggle with pride. The struggle may look different from person to person. One person portrays an arrogance or pride of self that is off-putting. Another proclaims his or her own unworthiness but in so doing ends up focusing on self in an unhealthy (and yet still prideful) way. Too often we are trying to be all we can be by our own effort rather than striving to simply be all that God wants us to be. What is biblical humility?

The Humility of the Quieted Soul (Read Psalms 131:1-2)

1. What are some of the contrasts you see between pride and humility in these verses?
2. How can you shift your focus from self (pride) to God (humility)?
3. How do you personally struggle with pride?
4. What would it take for you to be shaped by God's desires and plans for you rather than what you want within yourself?
5. If calming and quieting your soul helps produce humility, what might be involved in calming or quieting your soul?
6. In contrast, a screaming baby who cries for what he or she wants right now is a picture of pride. How do you see that image lived out in American culture today?

APPLY→ Is your soul quiet and calm? Are you living with a focus on God and being all He wants you to be? Are you cooperating with God as he shapes you to be the person he desires you to be?

Attaining Humility by Hoping in God (Read Psalms 131:3)

7. How does true humility allow us to have the greatness of soul to care for other people and hope for the best in and for them?
8. How does hope in the Lord help you grow in humility?
9. How can you call others to hope in God?

APPLY→ Whom can you encourage to put their hope in God? How can you motivate someone else to focus less on themselves and more on being the person God designed them to be?