

## CALM IN CHAOS

*LORD, my heart is not proud; my eyes are not haughty. I do not get involved with things too great or too wondrous for me. Instead, I have calmed and quieted my soul like a weaned child with its mother; my soul is like a weaned child. Israel, put your hope in the LORD, both now and forever. Psalm 131 (CSB)*

*“This person is quiet on the inside. This man isn’t noisy. Not obsessed. Not on the edge. The to-do list and pressures to achieve don’t consume him. Ambition doesn’t churn inside of him. Failure and despair don’t haunt him. Regrets don’t corrode his inner experience. Irritation and dissatisfaction don’t devour him. He’s quiet.” (David Powlison)*

*The ANTI-PSALM: “Self, my heart is proud and my eyes are haughty, and I chase after things too great and too 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 worries. I scatter my hopes onto anything and everybody all the time.” (David Powlison)*

### 1. Get off the ladder.

*LORD, my heart is not proud; my eyes are not haughty. I do not get involved with things too great or too wondrous for me. Psalm 131:1 (CSB)*

### 2. Live as a content child.

*Instead, I have calmed and quieted my soul like a weaned child with its mother; my soul is like a weaned child. Psalm 131:2 (CSB)*

### 3. Put you hope in Christ.

*Israel, put your hope in the LORD, both now and forever. Psalm 131:3 (CSB)*

*When peace like a river attendeth my way  
When sorrows like sea billows roll  
Whatever my lot, Thou hast taught me to say  
It is well, it is well with my soul*

*Though Satan should buffet, though trials should come  
Let this blest assurance control  
That Christ hath regarded my helpless estate  
And hath shed His own blood for my soul*

(Horatio Spafford)