

Psalm 131

A SONG OF ASCENTS. OF DAVID.

- ¹ 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 marvellous for me.
- ² But I have calmed and quietened my soul,
like a weaned child with its mother;
like a weaned child is my soul within me.
- ³ O Israel, hope in the LORD
from this time forth and for evermore.

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A Song of Descent

What does Christian maturity look like?

The psalms of ascent

A model of Christian hope:

(a) Lowering ourselves down

(b) Elevating the LORD