



## Songs of Summer

“A Song of Humility”

July 24, 2022 // Tyler Scott, Lead Pastor

We're in a series based on the Psalms of Ascent. 15 psalms that the Israelites would sing as they made their way up to Jerusalem for their annual festivals. Pastor Tyler walked us through Psalm 131, where we get a picture of contentment and the path of humility that gets us there.

### DISCUSSION QUESTIONS:

1. Who do you know that is humble? What do you appreciate about their humility?
2. **Read Psalm 131.** Charles Spurgeon said: ‘This is one of the shortest psalms to read but one of the longest to learn.’ What do you think he meant by that and do you agree?
3. The Big Idea of this psalm is a picture—and it comes from v2. *“But I have calmed and quieted my soul, like a weaned child with its mother, like a weaned child I am content.”*. [Click here](#) for a helpful visual. Take a couple minutes to look at the picture. What stands out to you? Where do you see humility/contentment?
4. The first step on the “path” of humility—which leads to a calm, quiet soul that is content like a weaned child—is not having a proud heart. What does a proud heart look like in real life? Do you ever struggle with pride in your heart? If so, describe it.
5. The second step on the path of humility is not having haughty eyes. Haughty means lifted high/raised up, as if looking down upon/comparing to others. A commentator said, “The proud person looks, compares, competes, and is never content.” Why is this true? Where have you seen this play out in your own life, or others’ lives around you?
6. The third step on the path of humility is not concerning yourself with “matters too great or too marvelous” for you (aka not trying to be God, not trying to control everything/everyone, or staying in your own lane). How is this being humble? How is it related to trust and contentment?
7. Is there a specific issue/situation/person that you are trying to control in your life...that God may be calling you to trust Him and His sovereignty? How might that affect your freedom and/or contentment? What is holding you back?
8. “Sometimes in life, you just need a RESET.” Where do you need a spiritual RESET in your life (ie. prideful heart, haughty eyes/comparing to others, staying in your lane, etc.)? What specific actions can you take to calm and quiet your soul, and grow more content?
9. In what ways are humility and contentment signs of Christian maturity?

**PRAYER:** Spend some time sharing prayer requests and pray for one another.