

Psalm 131

Reimagining the Good Life

“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 marvelous for me. 2 But I have calmed and quieted my soul, like a weaned child with its mother; like a weaned child is my soul within me.” Psalm 131:1-2

Big Idea

We all have dreams. We all have desires for the “good life.” The problem is that they can be elusive. We never seem to catch them, or if we do catch them they always seem to fall short. We must reimagine how we define the good life. It must start and finish with Jesus Christ at the center with a disposition of a humility and contentment.

Ice Breaker

Using the illustration of the two jars symbolizing our thought life regarding the amount of time we spend thinking about Covid in contrast to the Gospel. Discuss with the group how full your jars may be in relation to each other. Also, discuss the distance between what you imagine would be pleasing to the Lord and your present reality concerning the ratio.

Next Steps

1. Take time today to talk with someone about how your love for Jesus compares to how much you love “the good life” that you have often envisioned for yourself.
2. Identify the sin and arrogance that leads to your discontent. Bring that to Jesus today. Trust in His promises.

Additional discussion questions:

1. We all have imagined the good life. If we only had a better marriage, better job, better 401k, bigger savings account, nicer home, better vacation, etc... What is the fruit of these longings? Has it fostered discontent in your life?
2. Do you have discontentment in your life? Do you spend time looking for the variables outside of you that need correction as the source of what is blocking your happiness? Or, do you look at your heart to see what may need to be dealt with within? How may pride be involved?
3. Are you more like David who had a humble disposition before the Lord and knew there was a line that mustn't be crossed outside of his sphere of influence or do you resonate more with haughty eyes rooted in sneakiness of pride that manifests from your own heart? Jesus says out of the abundance of the heart the mouth speaks. What is being revealed about your heart?

4. How comfortable are you with being in second place? How do you respond inwardly if something you find valuable or enjoyable is being done better or enjoyed more completely by someone else? What is this awareness being revealing about the condition of your heart?

Notes and Quotes

We should be people who do not raise up our hearts. We need to meditate on God's Word and the Gospel daily. We need to meditate on the death, resurrection, and ascension of Jesus. This will help to foster a disposition of humility because we start to realize that we deserve nothing and God gave us everything.

Jesus deserves our very best, not our leftovers.

Are we more like a weaned or an unweaned child in our relationship with the Lord? Are we more satisfied in what He can provide for us or resting in His loving arms? Do we find contentment and rest in His presence or do we find ourselves seeking the gift more than the Giver?

Our hope in Christ is essential in this life. Our faith in Him and the hope He provides is what makes it possible to live victoriously even in the midst of terrible storms and circumstances. He may not deliver us from our circumstance, but He promises to be with us as we walk through it.

"Come to me, all who labor and are heavy laden, and I will give you rest. 29 Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls." Matthew 11:28-29

"I rejoiced in the Lord greatly that now at length you have revived your concern for me. You were indeed concerned for me, but you had no opportunity. 11 Not that I am speaking of being in need, for I have learned in whatever situation I am to be content. 12 I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need. 13 I can do all things through him who strengthens me." Philippians 4:10-13

"For I consider that the sufferings of this present time are not worth comparing with the glory that is to be revealed to us." Romans 8:18

"For we know that the whole creation has been groaning together in the pains of childbirth until now. 23 And not only the creation, but we ourselves, who have the firstfruits of the Spirit, groan inwardly as we wait eagerly for adoption as sons, the redemption of our bodies. 24 For in this hope we were saved. Now hope that is seen is not hope. For who hopes for what he sees? 25 But if we hope for what we do not see, we wait for it with patience. 26 Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words." Romans 8:22-26

"No, in all these things we are more than conquerors through him who loved us." Romans 8:37