

## PSALM 131

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<sup>1</sup>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. <sup>2</sup>But I have calmed and quieted my soul, like a weaned child with its mother; my soul is like the weaned child that is with me. <sup>3</sup>O Israel, hope in the Lord from this time on and forevermore.

When I think of “stillness”, I’m quick to think of the escape from hectic day to day routine of family and work. Like the Southwest Airline marketing tag line of “Want to get away?”, “stillness” often for me is defined as an escape from experiences that seem overwhelming.

Psalm 131 defines “stillness” in a different light, a deeper more personal light. “My heart is not proud, Oh Lord, my eyes are not haughty”. Rather than the external pressing in; the internal, personal pride, is the defining factor of true “stillness”. The “Great matters” and “things too wonderful” that we value as defining our self worth by way of responsibility or items of personal identity stand in the way of true “stillness”.

Psalm 131 is an invitation to “stillness” through humble trust in God, humble trust apart from the day to day roles, responsibilities and defining characteristics we value as our identity. Rather than “getting away” from all that seems to matter, “stillness” begins by “letting go” of those items we so often take so seriously, those items we claim with pride.

What is it that set’s us apart from others? What is it that defines who we are? What is it that defines personal passion and purpose? Is personal pride involved? It is when we can name those items and “let them go” that we are able to “still and quiet” our souls before God.

Let go and in stillness....God.