

Finding Inner Peace

Psalm 131

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August 17-18, 2013

Take-Home Truth: You choose peace when you choose to trust.

King David's example in Psalm 131 helps believers see three decisions we make to choose inner peace.

Decision #1: **LIVE HUMBLY BEFORE GOD.**

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. Psalm 131:1 (English Standard Version)

“ . . . God opposes the proud but gives grace to the humble.”
James 4:6b (New International Version)

Decision #2: **SUBMIT TO GOD AND CHOOSE TO REST IN HIS PRESENCE.**

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 131:2 (ESV)

Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me. Psalm 23:4 (NIV)

*Then the king said to Zadok, "Take the ark of God back into the city. If I find favor in the LORD's eyes, he will bring me back and let me see it and his dwelling place again."
2 Samuel 15:25 (NIV)*

I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. ¹³I can do everything through him who gives me strength. Philippians 4:12b-13 (NIV)

Decision #3: **TRUST GOD.**

O Israel, hope in the LORD from this time forth and forevermore. Psalm 131:3 (ESV)

*Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, . . .
Psalm 42:5 (NIV)*