

## **“I Just Need Some Peace and Quiet”**

### **Psalm 131:1-3**

“Are you content now? the caterpillar in Wonderland asked Alice. Well, I should like to be a little larger, she said. Three inches is such a wretched height to be.... I'm not used to it.”

1. Where did my peace go; why am I so restless?
  - A. It is buried in my pride.
  - B. It left with a haughty look.
  - C. It evaporated with my need to be in control.

Think about this: God actively opposes pride, James 4:6; 1 Peter 5:5. Pride is groundless, brainless and the maddest thing that can exist, Job; Mark 9-10.

2. How do we get peace; how do we find stillness of soul?
  - A. Compose yourself.
  - B. Shhhhh. Quite yourself.
  - C. Find peace in God's perfect control.
  - D. Think about in the future in relation to God: hope in Him.

### **Life Group Discussion Questions**

1. What keeps you up at night? Why? Make a group list and then pray about it.
2. As a group, write out a definition of pride.
3. What are three reasons we lack peace?
4. What can we do to regain peace?
5. What do we like about God's sovereignty, what do we naturally dislike about it?

In the mid-1700's, a woman named Katarina von Schlegel wrote a profound hymn about her struggle to compose and quiet her soul in the spirit of Psalm 131. Historians believe the song was composed in a time of great loss. The lyrics of Be Still, My Soul are perfect for meditation.

### Be Still, My Soul

Be still, my soul: the Lord is on thy side.  
Bear patiently the cross of grief or pain.  
Leave to thy God to order and provide;  
In every change, He faithful will remain.  
Be still, my soul: thy best, thy heav'nly Friend  
Through thorny ways leads to a joyful end.

Be still, my soul: thy God doth undertake  
To guide the future, as He has the past.  
Thy hope, thy confidence let nothing shake;  
All now mysterious shall be bright at last.  
Be still, my soul: the waves and winds still know  
His voice Who ruled them while He dwelt below.

Be still, my soul: when dearest friends depart,  
And all is darkened in the vale of tears,  
Then shalt thou better know His love, His heart,  
Who comes to soothe thy sorrow and thy fears.  
Be still, my soul: thy Jesus can repay  
From His own fullness all He takes away.

Be still, my soul: the hour is hast'ning on  
When we shall be forever with the Lord.  
When disappointment, grief, and fear are gone,  
Sorrow forgot, love's purest joys restored.  
Be still, my soul: when change and tears are past  
All safe and blessed we shall meet at last.

Be still, my soul: begin the song of praise  
On earth, believing, to Thy Lord on high;  
Acknowledge Him in all thy words and ways,  
So shall He view thee with a well-pleased eye.  
Be still, my soul: the Sun of life divine  
Through passing clouds shall but more brightly shine.