

PREPARE
Him
 ROOM

psalms of ascent

A Calm and Quiet Soul
PSALM 131

“O Lord ...” **Confess the ways we make our souls _____ .**

v. 1 *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.*

We set our heart’s affection on temporal pleasures.

We fix our eyes on material blessings.

We dream of things that will bring us praise.

“But ...” **Calm and quiet your soul to silence the cries of _____ .**

v. 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.*

Appreciate God’s love	Stop complaining	<i>John 15:9</i>
Be dependent	Stop being in charge	<i>John 15:4-5; James 4:8</i>
Invest in the Word	Stop relying on your own wisdom	<i>John 15:7; Psalm 16:7-8</i>
Declare truth	Stop listening to yourself	<i>Psalm 42:5; 34:4, 6, 17; 38:15</i>
Exchange your life	Stop living your old life	<i>2 Corinthians 5:14-15, 17</i>

“O Israel ...” **Invite the _____ to find hope in the Lord from now on.**

v. 3 *O Israel, hope in the Lord from this time forth and forevermore.*

We have a hopeful message to declare now.

We have a hopeful message to declare forevermore.

PREPARE *Him* ROOM
PERSONAL DEVOTIONAL

The city of Jerusalem is situated on a high hill. The Songs of Ascents (Psalms 120-134) were sung by Jews traveling from their homes to Jerusalem on the "ascent," or the uphill road to the city, for one of the three main annual Jewish festivals.

Read Psalm 131.

1. Why do you think Charles Spurgeon said that this is "one of the shortest psalms to read, but one of the longest to learn"?

2. In what ways is your soul restless right now? Which of the points included in the A-B-I-D-E acronym on the sermon notes is especially applicable to your situation?

3. Read the post below by pastor and author Paul David Tripp. Record any insights it provides for you.

"Why do we keep acquiring more possessions when we clearly already have enough?"

Why do we tend to live in a house way larger than our family truly needs?

Why do we get a brand new car when our current mode of transportation is more than adequate?

Why do we eat out so often and eat way more than we need for daily sustenance?

Why are we so obsessed about our physical appearance and fitness?

Why do we employ modern medical technologies to ward off old age?

Why are so many of us in debt?

Why does illicit sex seduce so many of us?

The answer is simple. It's found throughout the Word of God, particularly in the book of Ecclesiastes, and we verify its truth every day with our desires, words, actions and purchases: we are searching for life.

God created us as spiritual beings to have a life-defining, soul-satisfying relationship with him, but the Fall shattered that perfect union. So with groaning souls, as we await the redemption of our bodies (Rom 8:23), we can't resist searching elsewhere for identity and contentment.

A comfortable house, a new car, a cute outfit, a delicious meal, a relaxing vacation, a gym membership—none are inherently evil. I'm not suggesting that you dump all the pleasurable items and experiences in your life. I will suggest, however, that materialism is capturing our hearts and eating up the time, energy, and resources of our lives (see Matt 6:19-33, Is 55:2; your calendar; bank account; and sources of anger, anxiety and excitement).

You and I tend to be captivated and controlled by whatever we think will give us life. It's important to preach this theology again and again because we continually make the profound mistake of looking horizontally for what can only be found vertically: earth will never be your savior. But take heart. The Creator of the heavens and earth is also your "I am with you always" Savior.

He meets you with strength in moments when you are weak. He graces you with wisdom in moments when you're acting like a fool. He fights for your soul even when you don't fight for yourself. You don't have to conceal your materialism in shame. You can run into God's presence in weakness and failure, knowing you will receive mercy and not judgment."

paultripp.com

As you meditate on Psalm 131 over the coming week, note any additional insights you discover in its verses.

COMING UP AT CHRIST CHAPEL

Here's a glimpse at what you need to know for this week. Like to plan ahead a little more? Pick up a copy of The Source at a stand around campus or near the exits, or visit www.cbcfamily.org/events. They're your source for everything going on at Christ Chapel.

READY TO GROW IN 2020? If you're interested in ways to grow in your spiritual walk this next year, text "CCBCGrow" to 555-888. We'll send you a list of upcoming classes and opportunities happening in the coming weeks.

THIS TUESDAY, DEC. 31 IS THE LAST DAY TO MAKE AN END-OF-YEAR GIFT FOR VISION 2020. Vision 2020 is our plan to make Christ clear to our friends and neighbors here at home and around the world through special projects including supporting our growing South Campus family and protecting the unborn in our community and across the country. Visit www.cbcfamily.org/give2019 to read about Vision 2020's six initiatives and give.

ART REACH SUBMISSIONS OPEN THIS FRIDAY, JAN. 3. Artists, Art Reach is a weekend at Christ Chapel all about celebrating the arts and our God-given creativity. If you are an artist (of any age!), we want you to submit your work for our gallery! The theme is "Reaching In, Reaching Up: Seeking God Through Art" and submissions will open at www.cbcfamily.org/artreach this Friday, Jan. 3.

SIGN UP FOR CONNECTING POINT—IT STARTS NEXT SUNDAY, JAN. 5 AT 11 A.M. Are you new to the Christ Chapel community? At Connecting Point you'll get to know others who are putting down roots while learning all about our church and how we're here to help strengthen your faith. Sign up at www.cbcfamily.org/events.

MARRIED COUPLES, RE|ENGAGE BEGINS NEXT SUNDAY, JAN. 5. Whether you've felt the holiday strains, are struggling through big issues or wanting to focus on your marriage in 2020, re|engage is an experience that can transform your relationship. Learn more and register at www.cbcfamily.org/reengage.

SERIOUSLY DATING, ENGAGED OR RECENTLY MARRIED? AVENEW is a place to find community, discover God's mission for marriage and learn practical ways to love and honor one another. The 12-part winter season begins next Sunday, Jan. 5 at 5 p.m. Learn more and register at www.avenewcouples.com. The cost is \$30 per couple.

GUYS, JUMP INTO A NEW BIBLE STUDY AT BAND OF BROTHERS. Starting Thursday, Jan. 9 is Men's Ministry's newest series, "When Judges Ruled and Sin Reigned: Life Lessons from the Book of Judges." The book is full of wild but true stories of what happens when we take God for granted and stop letting Him rule. Learn more about the Band of Brothers experience and sign up at www.cbcfamily.org/men.

LADIES, BE A PART OF WOMEN IN THE WORD THIS WINTER. If you're looking for a place to grow, Women in the Word is the place to go! Their new study "The Big Reveal: A Study of Revelation" begins Thursday, Jan. 9. Learn more and sign up at www.cbcfamily.org/women.