

THE PSALMS OF ASCENT

JOURNEYING WITH JESUS
TO JERUSALEM

Part 12

"Psalm 131 & Jesus' Offer of Rest"

30 March 2025

Introduction

As the Ascents Psalms progress, the pilgrims give thanks for God's blessing on His people both as a nation and on individuals and families. They also acknowledge the afflictions they have experienced and call for His judgment upon their enemies. At the same time, they address their sins and those of the nation while also acknowledging God's mercy towards them.

Main Point: The Lord offers abiding _____ to those who place their faith and trust in Him.

Psalm 131

The worshipers rest confidently in the Lord who has mercifully forgiven them of their sin so they might worship Him forever.

- **They are humbled in presence of the Lord their God. (v. 1)**

Psa. 131:1—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.

⇒ David describes the proper _____ of a worshiper to being in God's presence.
"my heart is not lifted up" *"my eyes are not raised too high"*

⇒ He recognizes that there are _____ to his knowledge and understanding.
"I do not occupy myself" *"things too great and marvelous for me"*

- **They know they can rest secure because the Lord watches over them. (v. 2).**

Psa. 131:2—But I have calmed and quieted my soul, like a weaned child with its mother; like a weaned child is my soul within me.

⇒ The power and majesty of the Lord _____ his restlessness heart.
"calmed and quieted"

⇒ David employs imagery of a child that is _____ in its mother's arms to describe his faith in the Lord.
"like a weaned child is my soul within me"

"You have made us for yourself, O Lord, and our heart is restless until it rests in you."
— Augustine of Hippo, *Confessions*, Book I, Ch. 1

- **They exhort one another to hope in the coming fulfillment of God's promises. (v. 3).**

Psa. 131:3—O Israel, hope in the Lord from this time forth and forevermore.

⇒ His hope for Israel is not generic, but is centered on the coming kingdom of _____.
"hope"

Key Point: Genuine faith in the God of all Creation is demonstrated by a quiet _____ in Him for all that we need both now and forever.

Gospel Parallel: "Jesus' Offer of Rest" – Matt. 11:25-30

Background: Although Jesus and His disciples had gone about proclaiming the good news of the kingdom, the response was mixed. While some believed, many did not. In particular, the religious leaders had failed to believe in Him, foreshadowing their ultimate rejection that lay ahead.

1. While the religious leaders knew things _____ God, it was those who believed in the Lord Jesus with childlike faith who truly _____ Him.

"hidden...from the wise and understanding"

"revealed...to little children"

2. Jesus' claim of unique authority to reveal the Father was a declaration of His _____ identity as the Son of God.

3. The Lord's offer stood in _____ to what was offered by the religious leaders of the day.

"yoke"

"...indeed, this voluntary making of the yoke as heavy as possible, the taking on themselves as many obligations as possible, was the ideal of Rabbinic piety." – Alfred Edersheim

4. The offer of the Lord to give rest was rooted in the _____ of God that He had come to fulfill in His person and work.

"I will give you rest"

"you will find rest for your souls"

"I am gentle and lowly of heart"

Key Point: The ones _____ in the work of Christ on their behalf are the ones who can truly rest from their works and who can delight in God's favor.

Concluding Thought

- How _____ are we with things that are too great and marvelous for us?

Psa. 46:10-11—¹⁰ *"Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!"*

¹¹ *The Lord of hosts is with us; the God of Jacob is our fortress*

Isa. 40:28—*"Have you not known? Have you not heard? The Lord is the everlasting God, the Creator of the ends of the earth. He does not faint or grow weary; his understanding is unsearchable."*

Heb. 1:3—*"He is the radiance of the glory of God and the exact imprint of his nature, and he upholds the universe by the word of his power."*

Psa. 146:5-6—*"Blessed is he whose help is the God of Jacob... who made heaven and earth, the sea, and all that is in them..."*

Isa. 6:3—*"Holy, holy, holy is the Lord of hosts; the whole earth is full of his glory!"*

Rev. 1:8—*"'I am the Alpha and the Omega,' says the Lord God, 'who is and who was and who is to come, the Almighty.'"*

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Psa. 131:1—*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.*

⇒ David describes proper **response** of a worshiper to being in God's presence.

"my heart is not lifted up"

"my eyes are not raised too high"

⇒ He recognizes that there are **limits** to his knowledge and understanding.

"I do not occupy myself"

"things too great and marvelous for me"

- **They know they can rest secure because the Lord watches over them. (v. 2).**

Psa. 131:2—*But I have calmed and quieted my soul, like a weaned child with its mother; like a weaned child is my soul within me.*

⇒ The power and majesty of the Lord **calms** his restlessness heart.

"calmed and quieted"

⇒ David employs imagery of a child that is **satisfied** in its mother's arms to describe his faith in the Lord.

"like a weaned child is my soul within me"

"You have made us for yourself, O Lord, and our heart is restless until it rests in you."

— Augustine of Hippo, *Confessions*, Book I, Ch. 1

- **They exhort one another to hope in the coming fulfillment of God's promises. (v. 3).**

Psa. 131:3—*O Israel, hope in the Lord from this time forth and forevermore.*

⇒ His hope for Israel is not generic, but is centered on the coming kingdom of **Messiah**.

"hope"

Key Point: Genuine faith in the God of all Creation is demonstrated by a quiet confidence in Him for all that we need both now and forever.

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