

## Introduction: (before Scripture) – Types of Sermons

- 1.
- 2.
- 3.

### I. The Central Image of Psalm 131

A \_\_\_\_\_ who just loves being near to their mom: feeling \_\_\_\_\_, feeling content, feeling \_\_\_\_\_. We should have here a picture of a child with a quiet and calm heart.

### II. What practices and habits can help us quiet and calm our hearts in the presence of God? 3 “R’s”

1. R\_\_\_\_\_ our sense of \_\_\_\_\_. In order to receive God's peace, we should focus less on ourselves.

Verse 1 - “My heart is not proud, my eyes are not haughty. I do not concern myself with great matters or things too wonderful for me.”

All around us we get a message that it all \_\_\_\_\_ on YOU ... you need to measure up, you need to be \_\_\_\_\_, you need to do more. Then of course, anxiety also goes up too. The \_\_\_\_\_ to this is what John the Baptist says, “Jesus must become more and I must become \_\_\_\_\_.” John 3:30

1b. Also try to r\_\_\_\_\_ the \_\_\_\_\_ of our worry by taking things one day at a time.

- “Do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.” - Matt. 6:34

2. Have a r\_\_\_\_\_ for r\_\_\_\_\_

To receive the gift of God's peace, \_\_\_\_\_ practice is important ... to remind ourselves we are not slaves to work, and that we are more than our \_\_\_\_\_ and obligations. Our identity is not about what we can do and how \_\_\_\_\_ we can be. Rather, my identity is that I belong to God and can rest in his presence and love

3. R\_\_\_\_\_ regularly -- on the ways that God shows us His parental kind of love.

We certainly should celebrate any dramatic \_\_\_\_\_ from God that drastically change our circumstances. But, more often, God offers His peace to us in more \_\_\_\_\_ kinds of ways.

Reflection Question: “In what ways did I experience God's goodness and when did I hear God speak today?”

### Conclusion

We want to be \_\_\_\_\_ and \_\_\_\_\_ to receive one of God's greatest gifts for our lives: the gift of His peace.