



7. An uneven, noisy soul is often a sign of insufficient prayer
  8. When our soul gets uneven/busy/noisy - pray!
- B. The result - a quiet, contented, trusting soul  
But I have stilled and quieted my soul; **like a weaned child with its mother, like a weaned child is my soul within me.** Psalms 131:2
1. An infant has no patience or understanding
  2. Weaned child (over 3 years) starts to develop patience & understanding
  3. A weaned child is one who “no longer frets for what it used to find indispensable” (Tyndale Commentary).
  4. The key idea - a contented soul, trusting God
- C. A discontented, fretful soul is the result of insufficient prayer
- D. The viscous cycle - and its solution
1. Arrogance leads to taking on more than we can bear
  2. This leads to an uneven, noisy, fretful soul
  3. This leads to worry, angst, fear, etc.
  4. These warning signs should call us to more prayer

#### IV. UnCommon Hope In Prayer

- A. The summons to put our hope in Yahweh  
O Israel, **put your hope in the Lord** both now and forevermore. Psalms 131:3

1. Don't fret over what we can't control - hope in Yahweh!
  2. This is the cure for a harried, hurried soul
  3. “Living in hope is having One with you who takes the terror out of need and time.” Mays, 408
- B. Hope requires waiting for God to act in our behalf  
O Israel, put your **hope** in the Lord both now and forevermore. Psalms 131:3
1. Wait - Hebrew **לַחַוֵּ** - often means to ‘wait’
  2. We hope for things we do not yet have
  3. In prayer we ask God to act rather than fretting
- C. Turning our worries over to Christ in prayer  
Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. <sup>7</sup> And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:6–7

#### V. Applying the Word

- A. What do we do with our hurried, harried souls?
1. This world is spinning faster and faster
  2. Technology gives the illusion of supreme control
  3. But life has a way of divesting us of that notion
  4. This fills our soul is crushed with worry & fear and makes it weary
  5. Where do we turn at those times?

6. Do I just try harder? Go faster?
7. Do I fretfully look for my own solution?
8. Or do I turn to God in real, honest, open prayer?
9. In Christ, you are openly invited to come
10. Christ offers real rest for you soul [Matt 11:28-30]

B. A life of UnCommon prayer

1. End of our series on Book of UnCommon Prayer
2. We hope it has encouraged you in prayer
3. Lets look at the lost all around - and pray!
4. When you are afraid - pray!
5. When you are full of joy - pray!
6. When you are full of anguish and doubt - pray!
7. When you have sinned - pray!
8. When things are going well - pray!
9. Lets grow as a community of UnCommon prayer!

### UnCommon Quietness In Prayer

Psalm 131  
April 14, 2013  
Prayer  
Romans 15:13

May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit. Romans 15:13