

Theme: God desires for our prayers to be filled with a hope and trust in Him that produces a quiet, still soul rather than a disturbed soul that arises from a prideful attitude that looks to self rather than God.

I. Intro – Our Hyper-Fast, Noisy World

- A. Our world has become hyper-fast and noisy
- B. 7-11 was a boast for hours; now 24/7
- C. It is almost impossible to find quiet today
- D. We must strain to keep up in this dog eat dog world
- E. This has a huge effect on our souls (and bodies)!
- F. How does prayer fit into this fast paced, noisy world?

II. UnCommon Humility In Prayer

- A. A humble individual
 - My heart is not proud, O Lord, my eyes are not haughty; I do not concern myself with great matters or things too wonderful for me. Psalms 131:1
 - 1. v1 - the humility of the person praying
 - 2. Proud heart, haughty eyes - symbols of arrogance
 - Whoever has haughty eyes and a proud heart, him will I not endure. Psalms 101:5
 - Haughty eyes and a proud heart, the lamp of the wicked, are sin! Proverbs 21:4
 - a. God does not endure this arrogance
 - b. This arrogance is sin!
- B. True humility - knowing our limitations
 - My heart is not proud, O Lord, my eyes are not haughty; I do not concern myself with great matters or

things too wonderful for me. Psalms 131:1

- 1. “Wonderful” - often refers to God’s miraculous works
- 2. “Wonderful” - can be something too hard to do/grasp
 - If cases come before your courts that are too difficult for you to judge — whether bloodshed, lawsuits or assaults — take them to the place the Lord your God will choose. Deuteronomy 17:8
 - Ah, Sovereign Lord, you have made the heavens and the earth by your great power and outstretched arm. Nothing is too hard for you. Jeremiah 32:17
- 3. David knows his limitations - the arrogant do not!
- 4. Since the Fall, we arrogantly try to be God
- 5. Arrogance destroys prayer; prayer & humility linked
- 6. Insufficient prayer is often a sign of pride
- 7. But God uses things beyond our control to call us back to Him

III. UnCommon Quietness In Prayer

- A. Quieting our soul in prayer
 - But I have stilled and quieted my soul Psalms 131:2
 - 1. Stilled - Hebrew נִשְׁׁוּ - make even, smooth; level
 - 2. Note this is an action - I stilled & quieted my soul
 - 3. This harried, noisy world makes our soul that way
 - 4. A stilled, level, quiet soul comes through prayer
 - 5. In prayer our soul is reoriented to God
 - 6. In prayer our soul comes to peace - level, still, quiet

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 **לַחַוֹּת** - 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. ⁷ 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