



SHAPING A HUMBLE, QUIET SOUL

Shaping A Humble, Quiet Soul

Key idea:

God invites us to hope in Him by shaping souls that are characterized by humility and quiet calm.

Key text:

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. 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.

³O Israel, hope in the LORD from this time forth and forevermore. Psalm 131

Key points:

1. A life characterized by hope in the Lord at all times requires intentional soul-shaping.
2. The first step in developing an unshakeable hope is shaping a humble soul, which requires:
 - Embracing our God-given limitations
 - Recognizing what we can and cannot control
 - Trusting God with the future instead of being consumed by it
3. The second step in developing an unshakeable hope is shaping a calm, quiet soul, which requires:
 - Learning to be calm and trust like a weaned child with its mother

- Purposefully resisting the constant noise of modern culture
 - Creating space for meditation and hearing from God
4. All of this is actually spiritual warfare, because Satan uses noise, distraction, and pride to prevent us from developing the humble, quiet soul that leads to hope.

Discussion Questions:

1. How does our culture's message of "no limits" conflict with the biblical call to embrace our God-given limitations? Where do you see this tension in your own life?
2. In what ways does pride manifest not just as arrogance but as the refusal to accept that some things are too great and marvelous for us to understand or control?
3. Which of the three specific limitations listed above are most difficult for you? What specific steps can you take to grow in this area?
4. What is the difference between wisely planning for the future and allowing the future to occupy your heart with worry, and how can you tell when you have crossed that line?
5. How does the image of a weaned child help you understand the difference between a noisy and a quiet soul?
6. How does the constant attention demanded by news cycles, social media, and cultural controversies function as a form of spiritual warfare against developing a calm and quiet soul?
7. How much time do you spend each day consuming news, social media, sports updates, or other content that might be creating turbulence in your soul? How does this affect your peace and hope?
8. Bret mentioned that "algorithms reward the outrageous, the negative, and the inflammatory." How have you noticed this affecting your emotions, thoughts, or spiritual life?
9. The psalmist says they have calmed and quieted their soul, suggesting intentional effort rather than passive waiting. What practices or disciplines might help you actively shape your soul toward humility and quietness?
10. How might fasting from certain media, relationships, or activities during a season like the 21 days of fasting and seeking God or the upcoming season of Lent create space for God to restore hope in areas where you currently feel despair?
11. How do you plan to make sure you have quiet time to read through the Gospels with the church during the upcoming series "Encountering Jesus - A Journey Through the Gospels"? This will generally require a little more than a chapter a day - when will you plan to quietly read the Gospel each day?

For Further Study:

[The Freedom of Limits](#) - teaching series on the freedom of recognizing and embracing the limitations inherent to our natures as created by God.

[When Less Is More](#) - a teaching of the importance of removing distractions to give room for us to hear God speak.

[Focused In A Distracted World](#) - a teaching on the importance of learning to focus in our modern world, with tips on protecting ourselves from modern distractions in our internet-connected world.