

“How to be content”, Psalm 131

Introduction, v0

- QUESTION: “What does it mean to be content?”
- The goal is contentment
- NOT proud, BUT content, THEREFORE vision
- Hope not possible without contentment
- Spurgeon said it “..is one of the shortest psalms to read, but one of the longest to learn.”

1. The Problem, v1

- What led to this decision? Presumably he had this problem. “NOT” X 3.

A. Why are we not content?

- Comparisons with others - God does not accept me
- Anxiety/Fear - God is not enough, cannot be trusted
 - Realisation we are not in control and we cannot manipulate God to get what we want
 - Some things God does not reveal: (**Deut 29:29**)
- Selfish ambition: (**Ecclesiastes 4:8** NIV11)

B. The issue is NOT

- Ambition: (**Philippians 3:12–14**)

2. The Solution, v2

- Humility (**Matthew 18:2–5**). Self-awareness - we need God.

Aware of God’s presence and strength

- Bathsheba - aware of her / Goliath - aware of God - **1 Sam 17.37; 45-47**
- **Hebrews 13:5** - Want God more than things
- **Philippians 4:11–13**

QUESTION: “What helps you to be content?”

3. The Vision, v3

- Hope not possible without contentment

Living in hope

- Blessing others - active, not passive
- (**Philippians 4:2–9** NIV11)

Conclusion

- Jesus’ inspiration - Confident in identity, value, Father’s love
- Therefore - courage to serve and sacrifice
- True contentment leads to the freedom to serve