

Sermon Scripture: Psalm 131

Introduction:

- 1) Reading the scripture
- 2) Encourage the audience to think of weighty matters they are dealing with in life: the scripture talks about weighty matters that are too difficult for us to understand, what are some of these matters in your life? During the pandemic, more people are dealing with mental illnesses, emotional problems, may be you know someone or you are experiencing such problems right now.
- 3) Cite possible sources of emotional problems and mental illness: uncertainties, fear, stress from dealing with crime, pandemic, every day life, expectations from others

Body:

- 1) What makes the psalmist so calm when facing difficulties in verse 1? The psalmist humbled himself like a child before the lord as seen in verse 2.
- 2) Describe the image of a weaned child - the weaned child remains calm in the mother's embrace, not fussing, not in want.
- 3) Explain why a weaned child is not fussing - the child have grown from the baby stage when he needed milk, the child no longer needs milk, but went to the mother for comfort and peace, the child has experienced comfort from the mother, so he or she would return to the mother again for comfort when the child needed it, even though milk is no longer needed.
- 4) Just like the child, would you return to the source of comfort and peace, which is God, after you have tasted his goodness, knowing that he can cast away your fear, insecurity, despair, and restore your hope, your faith, and peace.
- 5) Cite other scriptures to remind how good God is in our lives, like Jeremiah 31:3, that God loves us with an everlasting love; Psalm 23, etc.
- 6) Do you trust that God is going to do it for you again? Do you want to run to God's embrace, like how the child runs to the mother's embrace, knowing that God has done it before and he will do it again? Because we are his precious children. Cite scriptures about what our identity is in God.

Conclusion:

- 1) whatever that you are facing right now, it might seem very big and intimidating like how David faced Goliath, the enemy put lies and make you believe that it is impossible, that we need to resort to our old self to face this mountain in front of us.
- 2) But our God has our future all in his hands, he knows what we are facing, and he is waiting for us to go to him for deliverance and guidance.
- 3) I am not saying that our situation will change for the better, as a matter of fact, it might not change. But the way we are coping with it- knowing that God is carrying us through this challenge, we are safe, this seems out of control but God is in control - we no longer need to use our old ways to handle the same situations.
- 4) You are a new creation - a transformed person, the old painful ways we used to cope with difficulties should go away, the new way, new attitude, new hope is here, when you trust in God, he will finish what he started.