

# *A Song of Rest*

## *Songs For The Road - 6*

Commenting on this psalm, Charles Spurgeon once wrote, "It is one of the shortest psalms to read, but one of the longest to learn." Like the psalmist, we occasionally need a reminder that only God is God (Psalm 46:10). We don't need to do everything (we can't!). We need to be still with God and let Him handle what only He can handle, and let Him know what only He can know. In short, occasionally it's good to officially resign our position as managers of the universe!

Lois Channey captures the essence of this psalm in her book, *God Is No Fool*:

Once I prayed, "Who am I?" If only I knew who I was. If only I knew what I could do. If only K knew why I was. If only I knew what to do. And I prayed more earnestly, "Who am I?" If only I knew faith would come. If only I knew strength would spread. If only I knew I could work and serve and grow. And I demanded in prayer, "Who am I?" And He smiled and said, "It is enough that I know. Follow me." And I did.

### **LOOKING BACK:**

*Do you sleep like a baby? Or do the day's anxieties and stresses keep you awake at night?*

### **LOOKING DEEP:**

#### **Read Psalm 131**

1. *What is the underlying affirmation about God in this psalm? Notice the similarities of this psalm with Psalm 46, particularly the psalmist's resolve expressed in verse 10.*
1. *Like the psalmist, have you been in a situation lately in which you needed a reminder that God is in control?*
3. *What attitude does the psalmist want to avoid (vs 1)? Why? Notice that, although the psalmist's circumstances don't change, his perspective does. In what ways can merely a change of perspective be enough?*
4. *What does the imagery of the "weaned child" suggest?*
5. *Do you find it easy to be still and quieten your soul in the presence of the Lord? If so, how is this psalm experienced or "worked out" in your life?*

**PRAYER REQUESTS  
AND REFLECTIONS**