

Psalm 131

YOUR BREAK-UP BIBLE STUDY WORKSHEET



Isn't that beautiful to know that God is in charge of your romance? That even in the stillness of your season, you are walking full-speed towards the beauty God has for you? He deserves your trust.

Hey Bossbabe!

I'm Judith-

Your go-to person when that extremely charming boyfriend of yours tells you that "it's over"

I wasn't always this obsessed with break-up stories and sad songs...

But I know exactly where you are. Because I was you, not a long time ago.

Years later, here I am-
Feeling better than I ever have, happy, glowing, thriving, standing firmly because of my identity in Christ Jesus!



@JOURNALOFJUDITH

Bible study: Psalm 131

Let's get started:

STEP 1: READ THE PSALM

Psalm 131

A song of ascents. Of David.

1 My heart is not proud, Lord,
my eyes are not haughty;

I do not concern myself with great matters
or things too wonderful for me.

2 But I have calmed and quieted myself,
I am like a weaned child with its mother;
like a weaned child I am content.

3 Israel, put your hope in the Lord
both now and forevermore.

STEP 2: LET'S EXPLORE

Try & find answers to these questions:

WHO is the author of the Psalm?

WHEN was this Psalm written?

(We don't know for sure what season of David's life was this written. But like most of his other psalms, it was probably written when he was living in the wilderness fleeing from King Saul, or when he was King. Some psalms were written when he sinned, others when he rejoiced in God's mercy and blessing)

WHAT is the Psalm primarily about? What are some themes?

TAKE NOTE:

Psalm 131 is A Song of Ascent. i.e. It was one of the songs sung by Hebrew pilgrims as they ascended Jerusalem/ the temple of God.

To me, Psalm 131 is all about confiding in and leaning on God, letting go of ambitions and passionate pursuit, of humbling oneself and acknowledging God's goodness.

STEP 3: LOOK WITHIN

What are some things I have been aiming towards lately?

This includes everything- good goals and other things done with the intention of looking good, pleasing others, gaining appreciation, being better than others, concealing something deeper that is uncomfortable...



What would my life look like if these goals & ambitions remain unfulfilled?

What does a life like that make you FEEL?

I invite you to pause here, and spend time silently. What's happening in your heart? Is there fear arising? Any insecurities? Pain? Unfulfillment or dissatisfaction? Do you sense unhealthy attachment to some of the things that fill your plate?

Write it down without judgement:

LIST DOWN:

Things I don't really need to occupy myself with:

or try this: I would be a whole lot more peaceful if I let _____ go/ detach from _____ / let God handle _____

Moving onto V. 2

**Pay attention, O Job, listen to me; Keep silent, and let me speak...listen to me; Keep silent, and I will teach you wisdom.
- Job 33:31-33**

Your breakup drains, distracts and derails you. Turning to God in the midst of your pain is wise, because all healing comes from Him.

Action:

How many times a week do I have times of silence to seek God? How can I use pockets of time creatively to incorporate faith into my daily life? (List 2-3 simple ideas)

STEP 4: ACCEPTANCE

- what does it mean to be "weaned"? Look it up! What does it mean to you, personally?

Here's what "weaned" means to me, in the context of this Psalm. Feel free to draw a similar chart in your notes and fill it up with your own personal meaning!

TO BE WEANED IS TO:

find a new path, a trail not tread upon before

try new things and explore newer possibilities

break free from the old slavery & dependence

Find something better that makes you forget the old

witness a renewal, modification of my deepest desires & wishes

gain everything I've wanted to be, but God made it BIGGER & better

Reflect upon this slowly:
DO you see God weaning you from something in your life?

Read:

We go to God with our bowls- little moulds that do not possess the ability to hold God's abundant plans sometimes.

God has a new mould- something we don't have and for the most part, cannot fathom and imagine. And as we exchange our moulds with His, it might hurt.

Let it hurt. Let it pain. Because it is worth it.

V. 3 says. "Hope in the Lord" because He is not one to let you down. A child weaning from his mothers' milk onto solid foods is natural and necessary. But doesn't it seem like a battle? A painful time of transition & change?

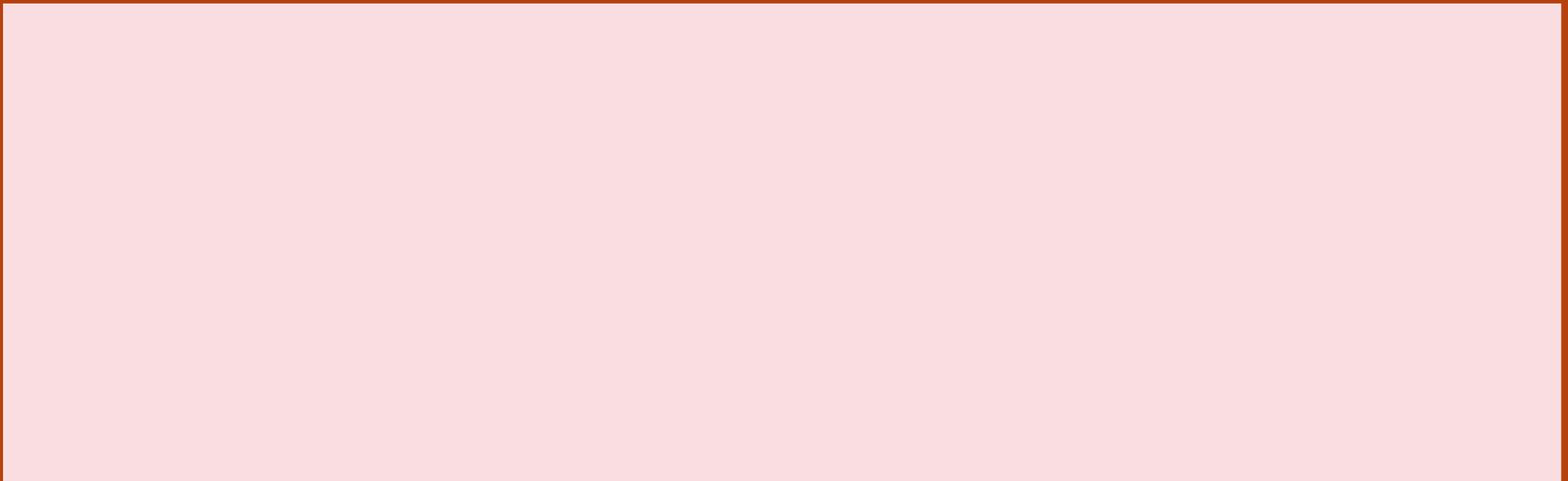
What are some moulds that I see God breaking in my life?

These may seem like a stuck mindset being challenged, a disappointment, failed dreams & expectations, a waiting season, your broken relationship...

WORDS OF ENCOURAGEMENT:

What is the Lord saying to you right now, this week or the past few days/ months?

What are you receiving from the Lord right now? Write it down:



READ ALSO:

Hebrews 10:23;

James 4:10;

Hebrews 11:1

Yay! Thanks for studying Psalm 131 with me!

I help high achieving, family-focused Christian women use their breakup to heal, build a new self-identity and make space for their dream relationship with faith as the golden foundation.



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