

Series: Psalms

Title: Humble and Content in Hope

Text: Ps 131: 1-3

Date: Sept 19, 2024

Place: SGBC, NJ

By God delivering us out of the depths of Psalm 130--time and again--our Lord brings his child to have the heart of Psalm 131 and grows these three. This is true growth in grace.

First is a humble heart created of the Lord.

Psalm 131: 1: LORD, my heart is not haughty, nor mine eyes lofty: neither do I exercise myself in great matters, or in things too high for me.

Humility is a foundation of grace.

“Humility, that low, sweet root,
From which all heavenly virtues shoot.”

With humility, God produces quietness of heart, resignation to God's will.

Psalm 131: 2: Surely I have behaved and quieted myself, as a child that is weaned of his mother: my soul is even as a weaned child.

Accompanied with humility and quietness of heart is hope in the Lord.

Psalm 131: 3: Let Israel hope in the LORD from henceforth and for ever.

God gives us hope in the Lord Jesus who is the same yesterday, today and forever.

Subject: Humble and Content in Hope

Proposition: This is the heart God gives and grows in his child: humble, content, in hope.

HUMILITY OF HEART

Psalm 131: 1: LORD, my heart is not haughty, nor mine eyes lofty: neither do I exercise myself in great matters, or in things too high for me.

Only God creates a humble heart in his child—*"LORD, my heart is not haughty."* This is a new spirit, a new heart, created by the Spirit of the Lord alone.

To be humble is to make low, bring low; to reduce to a plain like when the ground is tilled; to abase, to take a lower rank or place below others who are honored or rewarded; to bring down one's soul from pride; to have a modest opinion of one's self; to behave in an unassuming manner.

"LORD, my heart is not haughty." Humility of heart does not have high thoughts of self; not high thoughts of a righteousness worked of ourselves; not high thoughts of holiness of ourselves; not haughty thoughts of wisdom or strength of ourselves. To have a humble heart is to be poor in spirit, dependent on our Lord to be all and provide all.

The heart affects our eyes—*"nor mine eyes lofty."* The desire of the eyes comes from the heart. The proud Pharisee looked down on the publican because he thought within himself that he was righteous. The humble publican would not so much as lift up his eyes to heaven but smote upon his breast saying, "Lord be merciful to me a sinner."

Psalm 101: 5: Whoso privily slandereth his neighbour, him will I cut off: him that hath an high look and a proud heart will not I suffer.

Luke 18:14 [but of the publican the Lord said] I tell you, this man went down to his house justified *rather* than the other: for every one that exalteth himself shall be abased; and he that humbleth himself shall be exalted.

The heart affects our actions—“*Neither do I exercise myself in great matters, or in things too high for me.*” This teaches us that striving for great things, things too high for us, rather than being content with where God has placed us, is from a proud heart. In pride, sinful man considers humiliation a negative thing. God’s elect were redeemed through humiliation. The entire life of the Son of God on this earth is called “*his humiliation.*”

Philippians 2: 5 Let this mind be in you, which was also in Christ Jesus: 6 Who, being in the form of God, thought it not robbery to be equal with God: 7: But made himself of no reputation, and took upon him the form of a servant, and was made in the likeness of men: 8 And being found in fashion as a man, he humbled himself, and became obedient unto death, even the death of the cross. 9 Wherefore God also hath highly exalted him, and given him a name which is above every name:

Acts 8: 33 In his humiliation his judgment was taken away: and who shall declare his generation? for his life is taken from the earth.

Our Lord Jesus is the perfection of humility. By his perfect humility, the Son of God became a Man and took the place of his people and redeemed us from the curse of the law. God hates pride. But he speaks preeminently our Lord Jesus when the Lord says, “To this *man* will I look, *even to him that is poor and of a contrite spirit, and trembleth at my word*” (Is 66: 2).

The Lord Jesus said, “*he that humbleth himself shall be exalted.*” He humbled himself. He served God in lowliness.

Zechariah 9:9 Rejoice greatly, O daughter of Zion; shout, O daughter of Jerusalem: behold, thy King cometh unto thee:...lowly, and riding upon an ass, and upon a colt the foal of an ass.

Doing so our Substitute highly exalted God and justified his people from our sins. “Wherefore God ALSO hath highly exalted him and given him a name above every name.” Every knee shall bow to Christ and every tongue confess that Jesus Christ is Lord, to the glory of God the Father.

Through a great fall, the apostle Peter learned humility. He said,

1 Peter 5: 5...Yea, all *of you* be subject one to another, and be clothed with humility: for God resisteth the proud, and giveth grace to the humble. 6 Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time: 7 Casting all your care upon him; for he careth for you.

Isaiah 66: 5: Hear the word of the LORD, ye that tremble at his word; Your brethren that hated you, that cast you out for my name’s sake, said, Let the LORD be glorified: but he shall appear to your joy, and they shall be ashamed.

QUIETNESS OF HEART

Psalm 131: 2: Surely I have behaved and quieted myself, as a child that is weaned of his mother: my soul is even as a weaned child.

When a child is being weaned it experiences its first real disappointment and grief in life. On this verse, a mother wrote, “The weaned child has for the first time become *conscious of grief*. The piteous longing for the sweet nourishment of his life, the broken sob of disappointment, mark the trouble of his innocent heart: it is not so much the *bodily* suffering; he has felt that pain before, and cried while it lasted; but now his *joy and comfort are taken away*, and he knows not why. [But when he is weaned] his head is once more laid upon his mother’s bosom, then he trusts, loves, and rests, but he has learned the first lesson of humility, he is cast down, and clings with fond helplessness to his one friend.” That is the picture here, “*my soul is even as a weaned child*”—could be read—“*As the weaned child, my soul lies upon thee, Lord.*”

The Lord chastens us with disappointment. He takes from us all that comes between us and him like a mother weans her child. In the pride of our flesh, we cry and fret like the child. But the Lord gives more grace in

the new heart. He draws us nearer to him in spirit. Our Redeemer stops us crying in disappointment over things of this world that the Lord removes from us.

Like a weaned child lies content upon his mother's breast, our soul is quieted by the Lord's comforts. Our soul relies upon God alone. We find our satisfaction in His presence. Our rest is Christ himself. We are contented with the Lord himself.

Hebrews 13: 5: *Let your conversation be without covetousness; and be content with such things as ye have: for he hath said, I will never leave thee, nor forsake thee.*

It was through many afflictions—much weaning—that Paul was made content.

Philippians 4: 11: Not that I speak in respect of want: for I have learned, in whatsoever state I am, *therewith* to be content. 12: I know both how to be abased, and I know how to abound: every where and in all things I am instructed both to be full and to be hungry, both to abound and to suffer need. 13: I can do all things through Christ which strengtheneth me.

1 Tim 6: 6: But godliness with contentment is great gain. 7: For we brought nothing into *this* world, *and it is* certain we can carry nothing out. 8: And having food and raiment let us be therewith content. 9: But they that will be rich fall into temptation and a snare, and *into* many foolish and hurtful lusts, which drown men in destruction and perdition. 10: For the love of money is the root of all evil: which while some coveted after, they have erred from the faith, and pierced themselves through with many sorrows. 11: But thou, O man of God, flee these things; and follow after righteousness, godliness, faith, love, patience, meekness.

Pride is never satisfied and never rests in the Lord but cries with discontent. But having Christ we have all. So we are content with whatever God sends our way. Humility rests in the unchangeable love of God in Christ. The Lord creates in us a childlike spirit. He makes us simple, lowly, and content, saying, "It is the Lord, let him do what seemeth him good." Our Lord Jesus saved us by submitting to the Father's will.

Matthew 26: 42 He went away again the second time, and prayed, saying, O my Father, if this cup may not pass away from me, except I drink it, thy will be done.

It is the Spirit of our Savior within us that makes us drink the cup God gives with a willing heart saying, "Thy will be done."

HOPE OF HEART

Psalm 131: 3: Let Israel hope in the LORD from henceforth and for ever.

With humility and quietness the Lord grows us in hope in the Lord. Let Israel "*Hope in the Lord.*" The hope of God's saints is the Lord himself. Not anything of this world. Things of this world are changeable and perishing. Our hope is in the Lord who changes not. Our Lord, and the righteousness he is to his people, is eternal and unchangeable. That is why "hope maketh not ashamed; because the love of God is shed abroad in our hearts by the Holy Ghost which is given unto us" (Rom 5:5).

The Lord makes us hope "*from henceforth and for ever.*" He delivers us out of the depths and makes us hope in him from today onward. As long as we are in this life, our Lord will keep hope in our heart "And NOW ABIDETH faith, hope, charity, these three; but the greatest of these is charity" (1 Cor 13:13) By the Spirit of God shedding abroad the love of God in our heart, nothing can exhaust our hope in the Lord.

Galatians 5: 5: For we through the Spirit wait for the hope of righteousness by faith.

Our forerunner has already entered into the holiest and he promises he shall bring us there in his time. So our hope is for that expected end: to be with Christ, to be like Christ, to know him as he is. So we have hope now that he shall bring us through this vale of tears—through every valley—through every trial. When the trial comes, through the Spirit we wait for the hope of Christ our Righteousness coming and delivering us out of the trial. And we do so by faith.

Brethren, continually think upon the greatness of God our Father and our Savior Christ our Lord. He has provided us perfect righteousness in him. He shall provide whatever we need in this life. He is with us and shall never leave us. He gives us his promise. He is our hope of salvation! Our Savior gives us a heart to be humble, content and full of hope because we know, "Salvation is of the Lord."

Amen!