

Door Creek Church | Devotional Plan

Thursday, May 14

Psalm 131 | The Discipline of Humility

"...I do not occupy myself with things too great and too marvelous for me. But I have calmed and quieted my soul..." ESV

What's your favorite board game? My wife and I love board games, and I have a group of friends with who I'm constantly playing strategy board games. For you, maybe the very term conjures up terrible memories of endless Monopoly games as a child, which felt more like a punishment than a pastime. I hope that's not the case, but one of the reasons board games are great has to do with the way it stretches you to think. Consider the classic game of chess, where you're setting yourself up to win, all the while watching the opponent do the same.



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be victorious. Or you're trying to plunder your opponent through calculated rolls of the dice. Whatever it is, this kind of thinking is fun and challenging in games because it is often how we approach our own life.

Have you ever been accused of overthinking a decision? Perhaps you've lost sleep because you just can't comprehend what is happening. Maybe you're a winner, and you refuse to let this situation beat you so you are determined to will yourself to succeed. Whatever it is for you, there is a truth that some things are "too great and too marvelous" for you to understand.

Calming and quieting our souls is all about the discipline of humility. The discipline of humility forces us to lean on Christ. The discipline of humility forces us to rely less on what we can do and more on what He can do. The discipline of humility allows us to move forward but under His sustaining power and grace. Read Psalm 131 again. In what area of your life do you need to practice the discipline of humility in this way?

SCRIPTURE FOR MEDITATION

James 1:2-4

² Consider it pure joy, my brothers and sisters,[a] whenever you face trials of many kinds, ³ because you know that the testing of your faith produces perseverance. ⁴ Let perseverance finish its work so that you may be mature and complete, not lacking anything.