



# TIME OUT DAILY DEVOTIONAL

Daily Words of Encouragement

FROM YOUR TNAZ PASTORAL LEADERS

Wednesday, November 24, 2021

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*Psalm 131*

*Song of Quiet Trust*

<sup>1</sup>*O LORD, my heart is not lifted up, my eyes are not raised too high; I do not occupy myself with things too great and too marvelous for me.*

<sup>2</sup>*But I have calmed and quieted my soul, like a weaned child with its mother; my soul is like the weaned child that is with me.*

<sup>3</sup>*O Israel, hope in the LORD from this time on and forevermore.*

What is one word that you think of when you read the short passage? If I had to choose, I would probably say “worry.” Today’s world is engineered to worry. Whether it is about finances, health, housing, or a host of other things, we easily allow worry to steal our joy. We spend so much time thinking about our own circumstances, that we lose sight of God himself. Even more so, it robs us of the quiet hope that we have in God’s provision for our daily lives.

So, we need to shift our thinking. There’s another word that we can use to make this change – freedom. “It is freedom (in the light of verse 1) from the nagging of self-seeking, and, as verse 3 would add, from the bondage of delusive frets and fears,” writes Derek Kidner in his commentary on the Psalms. David had so much that he could have captured his attention when he wrote this Psalm. Instead, he found that a quiet and calm hope in the Father created a spirit of deeper trust and joy. Jesus has already won the battle over sin and death. As we enter the season of Advent, I encourage to rejoice, and focus on how God’s goodness is unchanging. After all, YOU are his joy.

Blessings,  
Dustin