



**DAILY DEVOTIONAL**

**WEEK ONE**

**THE JOURNEY BEGINS**

# WEEK ONE DAILY DEVOTIONAL

## DAY ONE:

### **READ: Psalm 131**

Lord, my heart is not proud; my eyes are not haughty. I do not get involved with things too great or too wondrous for me. Instead, I have calmed quieted my soul like a weaned child with its mother; my soul is like a weaned child. Israel, put your hope in the Lord, both now and forever.

**MUSIC:** Listen to the Psalm 131 chant by John Michael Talbot  
[www.barmillscommunitychurch.org/cqhtsoundtrack](http://www.barmillscommunitychurch.org/cqhtsoundtrack)

**BREATHING PRAYER:** *Calm. Quiet. Hope. Trust.*

Take a few minutes and practice our breathing prayer as you come into God's presence.

**READ:** Read through Psalm 131.

**READ & INTERACT.** Read through Psalm 131 a second time. Underline or write down words or phrases that you connect with.

### **CONSIDER:**

- Write down the words or phrases resonated with you during your reading of Psalms?
- What was it about these words or phrases that moved your heart?

**MUSIC:** Listen to the Orchardist, *Psalm 131*

**BREATHING PRAYER:** *Calm, Quiet, Hope, Trust.*

### **CLOSING PRAYER:**

Lord, my heart is proud and my eyes are haughty. I get involved with things greater than myself. I surrender control to you. Guide my spirit toward peace. Help me discover the calm and quiet of a weaned child. Lead me into maturity. I put my hope in you, for there is faithful love and redemption in abundance. I am trusting you to guide me both now and forever. Amen.

# WEEK ONE DAILY DEVOTIONAL

## DAY TWO:

### **Read: Psalm 131**

Lord, my heart is not proud; my eyes are not haughty. I do not get involved with things too great or too wondrous for me. Instead, I have calmed quieted my soul like a weaned child with its mother; my soul is like a weaned child. Israel, put your hope in the Lord, both now and forever.

**MUSIC:** Listen to the Psalm 131 chant by John Michael Talbot

**BREATHING PRAYER:** *Calm. Quiet. Hope. Trust.*

Take a few minutes and practice our breathing prayer as you come into God's presence.

**READ:** Read through Psalm 131.

**READ & INTERACT.** Read through Psalm 131 a second time. Underline or write down words or phrases that you are confused or concerned with.

### **CONSIDER:**

- Write down the words or phrases that confused or concerned you during your reading of Psalms?
- What are some questions that come to you mind as you read this Psalm?

**MUSIC:** Listen to the Orchardist, *Psalm 131*

**BREATHING PRAYER:** *Calm, Quiet, Hope, Trust.*

### **CLOSING PRAYER: Psalm 131 (NLT)**

Lord, my heart is proud and my eyes are haughty. I get involved with things greater than myself. I surrender control to you. Guide my spirit toward peace. Help me discover the calm and quiet of a weaned child. Lead me into maturity. I put my hope in you, and forever. Amen

## WEEK ONE DAILY DEVOTIONAL

### DAY THREE:

#### **READ: Psalm 131**

Lord, my heart is not proud; my eyes are not haughty. I do not get involved with things too great or too wondrous for me. Instead, I have calmed quieted my soul like a weaned child with its mother; my soul is like a weaned child. Israel, put your hope in the Lord, both now and forever.

**MUSIC:** Listen to the Psalm 131 chant by John Michael Talbot

**BREATHING PRAYER:** *Calm. Quiet. Hope. Trust.*

Take a few minutes and practice our breathing prayer as you come into God's presence.

**READ:** Read through Psalm 131:1

Lord, my heart is not proud; my eyes are not haughty. I do not get involved with things too great or too wondrous for me.

#### **CONSIDER:**

- Verse one addresses human pride and arrogance. How has pride and arrogance wreaked havoc in your life?
- What are the dangers of a proud heart and haughty eyes in your current spiritual journey?

**MUSIC:** Listen to the Orchardist, *Psalm 131*

**BREATHING PRAYER:** *Calm, Quiet, Hope, Trust.*

**CLOSING PRAYER: Psalm 131 (NLT)**

Lord, my heart is proud and my eyes are haughty. I get involved with things greater than myself. I surrender control to you. Guide my spirit toward peace. Help me discover the calm and quiet of a weaned child. Lead me into maturity. I put my hope in you, for there is faithful love and redemption in abundance. I am trusting you to guide me both now and forever. Amen.

# WEEK ONE DAILY DEVOTIONAL

## DAY FOUR:

### **READ: Psalm 131**

Lord, my heart is not proud; my eyes are not haughty. I do not get involved with things too great or too wondrous for me. Instead, I have calmed quieted my soul like a weaned child with its mother; my soul is like a weaned child. Israel, put your hope in the Lord, both now and forever.

**MUSIC:** Listen to the Psalm 131 chant by John Michael Talbot

**BREATHING PRAYER:** *Calm. Quiet. Hope. Trust.*

Take a few minutes and practice our breathing prayer as you come into God's presence.

**READ:** Read through Psalm 131:2

Instead, I have calmed quieted my soul like a weaned child with its mother; my soul is like a weaned child.

### **CONSIDER:**

- Would you describe your soul as calm and quiet? Why or why not?
- Verse two provides a picture of a calm and quiet soul, a weaned child. What do you think the psalmist is trying to express with that imagery?
- Do you think it is an accurate metaphor for a calm and quiet soul? Why or why not?

**MUSIC:** Listen to the Orchardist, Psalm 131

**BREATHING PRAYER:** *Calm, Quiet, Hope, Trust.*

**CLOSING PRAYER: Psalm 131 (NLT)**

Lord, my heart is proud and my eyes are haughty. I get involved with things greater than myself. I surrender control to you. Guide my spirit toward peace. Help me discover the calm and quiet of a weaned child. Lead me into maturity. I put my hope in you, for there is faithful love and redemption in abundance. I am trusting you to guide me both now and forever. Amen.

# WEEK ONE DAILY DEVOTIONAL

## DAY FIVE

### **READ: Psalm 131**

Lord, my heart is not proud; my eyes are not haughty. I do not get involved with things too great or too wondrous for me. Instead, I have calmed quieted my soul like a weaned child with its mother; my soul is like a weaned child. Israel, put your hope in the Lord, both now and forever.

**MUSIC:** Listen to the Psalm 131 chant by John Michael Talbot

**BREATHING PRAYER:** *Calm. Quiet. Hope. Trust.*

Take a few minutes and practice our breathing prayer as you come into God's presence.

**READ:** Read through Psalm 131:3

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

### **CONSIDER:**

- What does it mean for you to put your hope in the Lord?
- Is that easy or difficult for you? Why or why not?
- What does it look like for you to put your hope in the Lord, now? Forever?

**MUSIC:** Listen to the Orchardist, *Psalm 131*

**BREATHING PRAYER:** *Calm, Quiet, Hope, Trust.*

### **CLOSING PRAYER: Psalm 131 (NLT)**

Lord, my heart is proud and my eyes are haughty. I get involved with things greater than myself. I surrender control to you. Guide my spirit toward peace. Help me discover the calm and quiet of a weaned child. Lead me into maturity. I put my hope in you, for there is faithful love and redemption in abundance. I am trusting you to guide me both now and forever. Amen.