



DAILY DEVOTIONAL

WEEK FOUR
GROWING MATURITY

WEEK FOUR DAILY DEVOTIONAL

DAY ONE: A RESTLESS CHILD

BREATHE: Calm. Quiet. Hope. Trust.

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

OPENING PRAYER: 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 and quieted my soul like a weaned child with its mother; my soul is like a weaned child. Put your hope in the Lord, both now and forever. Amen

MUSIC: Listen to Psalm 131 chant by John Michael Talbot

READ: Psalm 131:2

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

QUOTE: Samuel Cox

Our souls are "restless and fretful, a mere burden, exhausted with incessant demands, distracted with peevish and opposed desires."

INTERACT: Read Psalm 55 and underline the ways that your restless heart resonates with the psalmist.

It is ok to bring your troubled heart to God. He desires for you to be real, not hiding behind pretense or ritual. Share with God how you are feeling that way and the things that are keeping you from calm.

READ Psalm 55:22 (NIV)

Cast your cares on the LORD and he will sustain you; he will never let the righteous be shaken.

- How is your soul feeling restless, fretful, burdened, exhausted, and distracted?
- Share with God the things that are burdening you.

READ Psalm 131 (Message)

Like a baby content in its mother's arms, my soul is a baby content.

MEDITATE: Image you are a child at rest in the arms of God. During that time surrender distractions, burdens, and restlessness. Give all your worries to God and find rest for your soul. Let him comfort you, like a child at rest in their parent's arms.

MUSIC: Listen *Psalms 131* by Ari Lesser

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.

BREATHE: Calm. Quiet. Hope. Trust.

WEEK FOUR DAILY DEVOTIONAL

DAY TWO: TASTE AND SEE

BREATHE: Calm. Quiet. Hope. Trust.

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

OPENING PRAYER: 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 and quieted my soul like a weaned child with its mother; my soul is like a weaned child. Put your hope in the Lord, both now and forever. Amen

MUSIC: Listen to Psalm 131 chant by John Michael Talbot

READ: Psalm 131:2

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

READ: 1 Peter 2: 2-3 (NLT)

Like newborn babies, you must crave pure spiritual milk so that you will grow into a full experience of salvation. Cry out for this nourishment now that you have had a taste of the Lord's kindness.

- * What is "pure spiritual milk" and how does it nourish?
- * How does consuming this "spiritual milk" calm and quiet our souls?
- * How have you tasted the Lord's kindness in the past?
- * How can you find comfort in his salvation, today?

INTERACT: Read Psalm 34: 8-14.

"Peter describes the word of God as 'pure spiritual milk'...A Christian should be eager to read and listen to God's word. This will help them to become mature." As you read through this Psalm, "taste and see" the milk for your soul. Underline the phrases that bring nourishment to your soul.

JOURNAL: How are you in need of spiritual nourishment? How can you taste and see God's goodness today? Confess your need to fear God more fervently.

MUSIC: Listen *Psalms 131* by Ari Lesser

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.

BREATHE: Calm. Quiet. Hope. Trust.

WEEK FOUR DAILY DEVOTIONAL

DAY THREE: YOUR SPIRITUAL DIET

BREATHE: Calm. Quiet. Hope. Trust.

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

OPENING PRAYER: 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 and quieted my soul like a weaned child with its mother; my soul is like a weaned child. Put your hope in the Lord, both now and forever. Amen

MUSIC: Listen to Psalm 131 chant by John Michael Talbot

READ: Psalm 131:2

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

READ: 1 Corinthians 3: 1-3

Brothers and sisters, I was not able to speak to you as spiritual people but as people of the flesh, as babies in Christ. 2 I gave you milk to drink, not solid food, since you were not yet ready for it. In fact, you are still not ready, 3 because you are still worldly. For since there is envy and strife among you, are you not worldly and behaving like mere humans?

CONSIDER: Peter suggests that we crave pure spiritual milk so that we can taste and see God's goodness of salvation. While digesting spiritual milk of salvation is important, it is not the end goal of our spiritual development. When we only focus on our own salvation, our faith can become self-centered, "behaving like mere humans."

- * What was Paul's expectation for the Corinthian church? Why was he frustrated with them?
- * Why is he so upset with them for being 'worldly' and 'behaving like mere humans'?
- * How does Paul's desire to feed them "solid food" connect with psalmists' idea of weaning?

PERSONAL REFLECTION:

- What does your spiritual diet look like?
- Are you only consuming spiritual milk or are you eating solid food?
- What are some ways you could grow in your faith?
- What are things that need to be weaned for your soul to be calm and quiet?

READ: Psalm 131:2 (CSB)

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

MUSIC: Listen *Psalm 131* by Ari Lesser

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, forever. Amen.

BREATHE: Calm. Quiet. Hope. Trust.

WEEK FOUR DAILY DEVOTIONAL

DAY 4: A MATURING FAITH

BREATHE: Calm. Quiet. Hope. Trust.

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

OPENING PRAYER: 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 and quieted my soul like a weaned child with its mother; my soul is like a weaned child. Put your hope in the Lord, both now and forever. Amen

MUSIC: Listen to Psalm 131 chant by John Michael Talbot

READ: Psalm 131:2

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

- How has your faith grown and matured over the past ten years?
- Are there areas that you have seen significant growth?
- What are some areas of weakness?

READ: 1 Corinthians 13:11-12

When I was a child, I spoke like a child, I thought like a child, I reasoned like a child. When I became a man, I put aside childish things. 12 For now we see only a reflection as in a mirror, but then face to face. Now I know in part, but then I will know fully, as I am fully known.

CONSIDER: This Apostle Paul reminds us that we are on a continual trajectory of spiritual growth and that we will never fully understand the depths of God while on this side of eternity. We start as children, craving spiritual milk, but we do not stop there. We must wean ourselves from a self-centered faith and continually move toward spiritual maturity. This means moving past a childish understanding of faith and wrestling with the mysteries of God, knowing we will never fully arrive.

- * How do you still reason like a child in your faith?
- * How can you put aside these childish things?
- * What are your hopes for your spiritual development?

MEDITATE: “Now I know in part, but then I will know fully, as I am fully known” (1 Corinthians 13:12b, CSB).

Rest in the assurance that you are fully known by God.

READ: Psalm 131:2 (CSB)

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

MUSIC: Listen *Psalm 131* by Ari Lesser

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.

BREATHE: Calm. Quiet. Hope. Trust.

WEEK FOUR DAILY DEVOTIONAL

DAY FIVE: THE HEART OF A CHILD

BREATHE: Calm. Quiet. Hope. Trust.

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

READ: Psalm 131:2

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

OPENING PRAYER: 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 and quieted my soul like a weaned child with its mother; my soul is like a weaned child. Put your hope in the Lord, both now and forever. Amen

MUSIC: Listen to Psalm 131 chant by John Michael Talbot

INTERACT: Read Matthew 18:1-5 & Mark 10:13-16. Circle every mention of children and underline what Jesus says about them.

- * What does Jesus say about children? How does he relate children to a person's faith? What do you think it means to be humble like a child? What does it mean to receive the kingdom like a child?
- * Is Jesus teaching in conflict with what we see in Psalm 131 about a weaned child? Does this go against Paul's writings on spiritual maturity, and putting aside childish things? Why or why not?
- * What might be the differences between a child-like faith and a childish faith?
- * What does it mean to have a heart of a child, as opposed to a proud, haughty, and arrogant heart?
- * How we can continue to mature while maintaining the heart of a child?

READ: 1 Corinthians 14:20:

Brothers and sisters don't be childish in your thinking but be infants in regard to evil and adults in your thinking.

- * What are some ways that you need to embrace a child-like faith?

- * What are some ways that need to grow and mature in faith?

- * How can you put into practice a balance of child-like maturity?

READ: Psalm 131:2 (CSB)

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

MUSIC: Listen *Psalm 131* by Ari Lesser

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.

BREATHE: Calm. Quiet. Hope. Trust.