



“A Song for Pilgrims”

Psalm 131:1-3 ♦ Pastor Jim Lennon
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Introduction –*Psalm 131 is “a Psalm of Ascent,” composed to prepare pilgrims while on their journey to worship the LORD in Jerusalem.*

I. The Context of Psalm 131.

- A. Psalm 131 is one of the Psalms of Ascent in the collection of Psalms 120-134.
- B. These Psalms were sung by pilgrims traveling to Jerusalem to celebrate the three main feasts: Passover, Weeks, and Tabernacles.
- C. Travelling to Jerusalem to worship the LORD meant that you were always going up.

II. The Content of Psalm 131.

- A. Psalm 131 was written to prepare worshipers to worship the LORD in the Temple in Jerusalem.
- B. This Psalm helps the worshiper who feels overwhelmed find rest in the LORD, and not be distracted by their concerns and problems.

C. In a sense, King David gives us a step-by-step meditation in the Psalm for those who feel overwhelmed, in order to help bring our focus and perspective back into balance with the LORD.

D. David uses four word pictures to help us when we feel overwhelmed:

1. Humble our heart.
2. Lower our eyes.
3. Walk care-free.
 - a. *“Great matters”*
 - b. *“Things too difficult for me”*
4. Satisfy our soul.

E. How to not be overwhelmed.

1. Go to the LORD in prayer.
2. Compose our soul.
3. Quiet our soul.

F. The Climax: (Psalm 131:3)

Conclusion.