

Based on the teaching from Sunday 27 July 2025, 'Finding the Peace the Surpasses understanding'

Sermon can be found on our website lwac.org.au, click on 'talks' top left of the page.

Text: **Psalm 131 and Phil 4:4-7**

Key Ideas from the Sermon:

- The noise in our inner lives is most often the result of pride in our hearts.
- This pride manifests in self absorption (always about me), haughty eyes (looking down on others) and chasing impossibilities (trying to control the uncontrollable).
- David has learned to quiet his soul by levelling (bulldozing) these prideful self interests, by putting his hope in the Lord.
- For us this means weaning ourselves from feeding on our pride to feeding on the solid food of Jesus Christ - who is real food and real drink. 'Come to me says Jesus,. And I will give you rest...'
- We can practically wean ourselves to putting our hope in Jesus by stopping pretending, presuming and pushing in our lives.

Bible Study: The Swedish Method [Psalm 131 and Phil 4:4-7]

1. Begin by praying, asking God to speak through His Word
2. Read the Bible passage aloud, being careful to read slowly
3. Go back over the passage (allow about 10 minutes of silence), being on the lookout for, and making notes on the following four things:



Light bulb: This should be something that 'shine' from the passage - whatever impacts most, or draws attention.

Notes:



Question mark: Anything that is difficult to understand in the text, or a question the reader might like to ask the writer of the passage, or the Lord.

Notes:



Jesus: What does this passage teach me about who Jesus is, what he has done for me and what it means for me to follow him in my life.

Notes:



Arrow: A personal application for your life.

Notes:

4. Discussion & Prayer