



## "Satisfaction in the Lord"

Psalm 131  
March 8, 2026  
Ken Dalton

**The Big Idea:** Psalm 131 is the simple, short call of the most important man in Israel to humbly **trust** the Lord and find complete satisfaction in His **presence**, confident that all we really need will be **provided** by Him.

Psalm 131 (ESV)

### 131 A SONG OF ASCENTS. OF DAVID.

<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.*

☐ IF WE WANT A MATURE FAITH, WE MUST GIVE UP OUR  
**PRIDE** AND LIVE **HUMBLY**.

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

☐ IF WE WANT A MATURE FAITH, WE MUST LEARN AND  
CONTINUALLY CHOOSE TO FIND **SATISFACTION** IN GOD.

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

☐ IF WE WANT A MATURE FAITH, WE MUST PLACE OUR HOPE  
– OUR **ABSOLUTE CONFIDENCE** IN CHRIST ALONE.

---

God may not give you immediate answers to  
your questions or quickly take away your pain,  
but He will give you something greater:  
He will give you Himself.

---