

July 13, 2025

CFBC... "Summer in the Psalms"

"LIKE A WEANED CHILD"

Psalm 131:1-3

Let's face it. We live in a complex and chaotic world that can overwhelm us from time to time. With that being said, how's your spiritual life? Is your calendar full while at the same time your soul is empty? The Lord has a word for you today and it's found in Psalm 131.

This psalm was written by King David, and it's labeled as "*A Song of Ascent (120-134)*." These songs were sung by the Jews as they journeyed to Jerusalem for the three major religious festivals. They were designed to prepare them for a true worship experience. This is a short psalm for sure. However, it is packed with spiritual significance.

Psalm 131:1-3 ... O LORD, my heart is not proud, nor my eyes haughty; Nor do I involve myself in great matters, Or in things too difficult for me. 2 Surely I have composed and quieted my soul; Like a weaned child rests against his mother, My

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soul is like a weaned child within me. 3 O Israel, hope in the LORD From this time forth and forever.

When I read this psalm, I was struck by the metaphor David employed in verse 2—***"Like a weaned child rests against his mother, my soul is like a weaned child within me."*** This got my attention and raised some questions that begged to be answered. . .

- **What does it mean?**
- **Why did David use this metaphor?**
- **How does it apply to us today?**

The weaned child is an important biblical image. Infant mortality was sky high during biblical times. So, when Isaac was weaned, Abraham and Sarah celebrated with a great feast. . .

Genesis 21:8... The child grew and was weaned, and Abraham made a great feast on the day that Isaac was weaned.

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Traditionally, weaning could take place between the ages of 2 and 5. Physically, weaning marked the transition from exclusive dependence on the mother's milk to consuming solid foods. Spiritually, David used this image to demonstrate his maturing faith in God. H.B. Charles observed:

"As they traveled to the place of worship, they would sing this psalm to force themselves to consider whether they were growing up as they were going up."

If you have placed your faith in Jesus as your Savior and Lord, you are on a spiritual journey. As the old hymn states, "*We're marching to Zion, the beautiful city of God.*" It is absolutely imperative that we also grow up as we get ready to go up to heaven one day. This process involves. . .

1. HUMILITY

Psalm 131:1... O LORD, my heart is not proud, nor my eyes haughty; Nor do I involve myself in great matters, Or in things too difficult for me.

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This short psalm is David's personal testimony. He's highlighting the impact of God's grace upon his life. The first thing he points to is the fact that his heart is not proud. God hates pride. . .

Psalm 138:6... For though the LORD is exalted, Yet He regards the lowly, But the haughty He knows from afar.

James 4:6... But He gives a greater grace. Therefore *it* says, "GOD IS OPPOSED TO THE PROUD, BUT GIVES GRACE TO THE HUMBLE."

1 Peter 5:5... You younger men, likewise, be subject to *your* elders; and all of you, clothe yourselves with humility toward one another, for GOD IS OPPOSED TO THE PROUD, BUT GIVES GRACE TO THE HUMBLE.

The proud heart pictures the exaltation of *self above God*. The haughty eyes picture the exaltation of *self above others*! Pride is like a cancer that eats away at our spiritual lives. John Stott wrote. . .

"At every stage of our Christian development and in every sphere of our Christian discipleship, pride is our greatest enemy and humility is our greatest friend."

Notice the last part of verse 1—**"Nor do I involve myself in great matters, or in things too difficult for me."** Job realized that he had bitten off more than he could chew in his back-and-forth dealings with God. . .

Job 42:3... "Therefore I have declared that which I did not understand, Things too wonderful for me, which I did not know."

Deuteronomy 29:29... "The secret things belong to the LORD our God, but the things revealed belong to us and to our sons forever, that we may observe all the words of this law."

Humility prevents us from playing God and prying into things that are over our heads. It allows us to keep growing up as we're going up! In this psalm,

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David confessed to being humble by highlighting 3 denials. . .

- **My heart is not proud.**
- **My eyes are not haughty.**
- **I don't try to "play God."**

Here's the truth that dominates this short psalm:

KEEP ON GROWING SPIRITUALLY!

To accomplish this goal, we've got to acknowledge the necessity of humility. David goes on to emphasize the importance of . . .

2. CONTENTMENT

Humility provides a proper perspective of yourself. Contentment provides a proper perspective of your circumstances.

Psalm 131:2... Surely I have composed and quieted my soul; Like a weaned child rests against his mother, My soul is like a weaned child within me.

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Is your soul like a weaned child within you? In his commentary, Boice explained what David was trying to get across to us with this metaphor . . .

He is reflecting on the difficult weaning process in which a child is broken of its dependence on its mother's milk and is taught to take other foods instead.... But weaning is necessary if the child is to mature. David is saying that he has come through the weaning process and has learned to trust God to care for him and provide for him, not on David's own terms but on God's terms.¹

Paul stressed the importance of contentment. . .

Philippians 4:11–12... Not that I speak from want, for I have learned to be content in whatever circumstances I am.
12 I know how to get along with humble means, and I also know how to live in

¹ James Montgomery Boice, [*Psalms 107–150: An Expositional Commentary*](#) (Grand Rapids, MI: Baker Books, 2005), 1150.

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prosperity; in any and every circumstance
I have learned the secret of being filled
and going hungry, both of having
abundance and suffering need.

Spiritual growth and development mean that you
are increasingly becoming less childish and
immature. Paul wrote. . .

1 Corinthians 13:11... When I was a child,
I used to speak like a child, think like a
child, reason like a child; when I became a
man, I did away with childish things.

**A weaned child climbs into his mother's lap
because he desires her presence, not her milk.**
That's where David was. He just wanted to be in
the presence of the Lord! Have you learned to
love God for Himself and not merely for what you
can get from him?

KEEP ON GROWING SPIRITUALLY!

To accomplish this goal, we've got to
acknowledge the necessity of humility and

contentment. David goes on to emphasize the importance of . . .

3. HOPE

Psalm 131:3... O Israel, hope in the LORD From this time forth and forever.

Keep in mind that "*hope*" is not wishful thinking. It is a confident expectation of what God will do in light of His Word and His promises. You can trust Him to meet your deepest needs today. . .

- **Anxiety has filled your heart.**
- **A disease is sapping the life out of you.**
- **Guilt is beating you to a pulp.**
- **Your family is a mess.**

While believers should not be *childish*, they are called to be *childlike* in faith (**Matt 18:3**). That is, we should have a simple and confident trust in the Father. He can meet your needs today!

You can trust the Lord to meet your deepest needs tomorrow. Paul wrote. . .

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1 Corinthians 15:19... If we have hoped in Christ in this life only, we are of all men most to be pitied.

God the Father has promised you a fantastic destiny. Jesus has gone to prepare a place for you. He desires for you to be with Him where He is and for you to see His unveiled glory. Even though our world is filled with hate, violence, lawlessness, and moral madness—YOU CAN TRUST THE LORD TO MEET YOUR NEEDS TODAY AND TOMORROW! Your hope is well-founded.

CONCLUSION

KEEP ON GROWING SPIRITUALLY!

To accomplish this goal, we've got to acknowledge the necessity of humility and contentment and hope. Obviously, this challenge is for those who have been born again and have entered the kingdom as a spiritual baby. . .

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1 Corinthians 3:1–2... And I, brethren, could not speak to you as to spiritual men, but as to men of flesh, as to infants in Christ. **2** I gave you milk to drink, not solid food; for you were not yet able *to receive it....*

Ask yourself this question—"Is your soul like a weaned child within you?" The Corinthians could not receive the meat of the Word because their spiritual growth was stunted. Don't let that happen to you. KEEP ON GROWING SPIRITUALLY!

Let me make this clear. You can't grow spiritually if you haven't been born again. Everything in the spiritual life begins with receiving Jesus as your Savior and Lord by faith? Are you ready to begin your spiritual journey?