

Southeast

CHRISTIAN CHURCH



WEEKEND MESSAGE NOTES

WELCOME TO SOUTHEAST

Southeast provides relational environments where you can find
Jesus, community, and purpose.

GET CONNECTED

God created us for community. If you are interested in serving, participating in a life group, or would like more information about an upcoming event, visit southeastcc.org or send an email to connect@southeastcc.org.

NEED PRAYER?

We are honored to pray with you or for you. Join us after services to pray with someone at southeastcc.org. You may also submit a prayer request at southeastcc.org/prayer.

PSALMS OF THE ASCENT - 131

NOTES | 10.23.22

Psalm 131 English Standard Version

A Song of Ascents. Of David.

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.

But I have calmed and quieted my soul,

like a weaned child with its mother;

like a weaned child is my soul within me.

O Israel, hope in the Lord

from this time forth and forevermore.

1. David takes this opportunity to examine his own pride.

Isaiah 2:2-12 | ESV

It shall come to pass in the latter days
that the mountain of the house of the Lord
shall be established as the highest of the mountains,
and shall be lifted up above the hills;
and all the nations shall flow to it,
and many peoples shall come, and say:
“Come, let us go up to the mountain of the Lord,
to the house of the God of Jacob,
that he may teach us his ways
and that we may walk in his paths.”
For out of Zion shall go forth the law,
and the word of the Lord from Jerusalem.
He shall judge between the nations,
and shall decide disputes for many peoples;
and they shall beat their swords into plowshares,
and their spears into pruning hooks;
nation shall not lift up sword against nation,
neither shall they learn war anymore.
O house of Jacob,
come, let us walk in the light of the Lord.
For you have rejected your people,
the house of Jacob,
because they are full of things from the east
and of fortune-tellers like the Philistines,
and they strike hands with the children of foreigners.
Their land is filled with silver and gold,
and there is no end to their treasures;
their land is filled with horses,
and there is no end to their chariots.
Their land is filled with idols;
they bow down to the work of their hands,
to what their own fingers have made.
So man is humbled,
and each one is brought low—
do not forgive them!

Enter into the rock
and hide in the dust
from before the terror of the Lord,
and from the splendor of his majesty.
The haughty looks of man shall be brought low,
and the lofty pride of men shall be humbled,
and the Lord alone will be exalted in that day.
For the Lord of hosts has a day
against all that is proud and lofty,
against all that is lifted up—and it shall be brought low;

James 4:1-10 | ESV

What causes quarrels and what causes fights among you? Is it not this, that your passions are at war within you? You desire and do not have, so you murder. You covet and cannot obtain, so you fight and quarrel. You do not have, because you do not ask. You ask and do not receive, because you ask wrongly, to spend it on your passions. You adulterous people! Do you not know that friendship with the world is enmity with God? Therefore whoever wishes to be a friend of the world makes himself an enemy of God. Or do you suppose it is to no purpose that the Scripture says, “He yearns jealously over the spirit that he has made to dwell in us”? But he gives more grace. Therefore it says, “God opposes the proud but gives grace to the humble.” Submit yourselves therefore to God. Resist the devil, and he will flee from you. Draw near to God, and he will draw near to you. Cleanse your hands, you sinners, and purify your hearts, you double-minded. Be wretched and mourn and weep. Let your laughter be turned to mourning and your joy to gloom. Humble yourselves before the Lord, and he will exalt you.

Proverbs 8:13 | ESV

The fear of the Lord is hatred of evil.
Pride and arrogance and the way of evil
and perverted speech I hate.

Proverbs 11:2 | ESV

When pride comes, then comes disgrace,
but with the humble is wisdom.

Proverbs 16:18 | ESV

Pride goes before destruction,
and a haughty spirit before a fall.

Proverbs 18:12 | ESV

Before destruction a man's heart is haughty,
but humility comes before honor.

Proverbs 21:4 | ESV

Haughty eyes and a proud heart,
the lamp of the wicked, are sin.

2. After examination, he can say that he is content.

Philippians 4:4-13 | ESV

Rejoice in the Lord always; again I will say, rejoice. Let your reasonableness be known to everyone. The Lord is at hand; do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you. I rejoiced in the Lord greatly that now at length you have revived your concern for me. You were indeed concerned for me, but you had no opportunity. Not that I am speaking of being in need, for I have learned in whatever situation I am to be content. I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need. I can do all things through him who strengthens me.

3. David calls Israel to contentment.

John 6:60-69 | ESV

When many of his disciples heard it, they said, "This is a hard saying; who can listen to it?" But Jesus, knowing in himself that his disciples were grumbling about this, said to them, "Do you take offense at this? Then what if you were to see the Son of Man ascending to where he was before? It is the Spirit who gives life; the flesh is no help at all. The words that I have spoken to you are spirit and life. But there are some of you who do not believe." (For Jesus knew from the beginning who those were who did not believe, and who it was who would betray him.) And he said, "This is why I told you that no one can come to me unless it is granted him by the Father."

IMPLICATIONS

- 1. We should have a practice of regularly examining our own hearts.**

Psalm 139:23-24 English Standard Version

Search me, O God, and know my heart!

Try me and know my thoughts!

And see if there be any grievous way in me,
and lead me in the way everlasting!

- 2. Pride and Contentment are opposites.**
- 3. Pride will always lead us to destruction.**
- 4. It is Spiritually Mature to examine our inner selves and to ask God to sift us and refine us.**



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