



**CALVARY BAPTIST CHURCH**  
NINILCHIK

WEDNESDAY PRAYER MEETING

# Mid-Week Devotional

SERIES:

“Christ in the Psalms”

August 31st, 2022

“The Twelfth Psalm of Ascent”

Psalm 131

## THE SONGS OF DEGREES AS A WHOLE

This little psalter within the psalter consists of fifteen brief songs. Why they are grouped together and what is meant by their generic name it would be hard to tell. The conjectures are very many, but they are mere suppositions. Out of them all the conjecture by Dr. Jebb best commends itself to my own mind, though it would be quite consistent with this suggestion to believe that the series of songs are arranged by David became the Pilgrim Psalms of after ages, and were chanted by the Lord's people as they went up to the temple. They are "Songs of the Goings Up;" so some read the word. Those who delight to spiritualize everything find here Ascents of the Soul, or language fitted to describe the rising of the heart from the deepest grief to the highest delight....

—C.H.S.

### PSALM 131

**TITLE.** —*A Song of Degrees of David.* It is both by David and of David: he is the author and the subject of it, and many incidents of his life may be employed to illustrate it. Comparing all the psalms to gems, we should liken this to a pearl: how beautifully it will adorn the neck of patience. It is one of the shortest psalms to read, but one of the longest to learn. It speaks of a young child, but it contains the experience of a man in Christ. Lowliness and humility are here seen in connection with a sanctified heart, a will subdued to the mind of God, and a hope looking to the Lord alone. Happy is the man who can without falsehood use these words as his own; for he wears about him the likeness of his Lord, who said, "I am meek and lowly in heart." The psalm is in advance of all the Songs of Degrees which have preceded it; for lowliness is one of the highest attainments in the divine life. There are also steps in this Song of Degrees: it is a short ladder, if we count the words; but yet it rises to a great height, reaching from deep humility to fixed confidence. Le Blanc thinks that this is a song of the Israelites who returned from Babylon with humbled hearts, weaned from their idols. At any rate, after any spiritual captivity let it be the expression of our hearts.

*The Treasury of David*

by Charles Haddon Spurgeon (1834-1892)  
VOLUME VII, PASSMORE & ALABASTER EDITION  
(*emphasis in original*)

### Devotional Thoughts from Psalm 131

**REFLECTION.** The greatest humility ever displayed or manifested upon this planet was in the meekness and lowliness of the Lord Jesus Christ (v1a; Matt 11:29; Phil 2:8). The Lord Jesus did not occupy Himself with things which

did not concern His mission of the cross, such as the time of His return (**v1b**; Matt 24:36). Christ's calling caused no turmoil within Him (**v2a**; Matt 3:15); and while dependent upon the breast of His mother before He was weaned, Jesus trusted in His heavenly Father for every need since His weaning (**v2b**; Luke 2:49; John 4:34). Christ Jesus, God's humble servant, appeared to Israel as their only, eternal hope (**v3**; John 5:39).

**APPLICATION.** Apart from the grace of God in Jesus Christ, our boast in humility is like the self-exaltation of the Pharisee at best (**v1a**; Luke 18:11). Quite often, you and I are concerned with things quite above our pay-grade; we should be, by God's grace, as much like Christ in this regard (**v1a**; Deut 29:29). Christian maturity grows when we trust not in the flesh, but in Christ, according to Scripture (**v2**; Prov 3:5). Christ Jesus is our only hope, now and forever (**v3**).

### **Devotional Challenge from Psalm 131**

**REFLECT** upon the humility of Jesus Christ and why He was the only perfectly humble Man who ever lived.

**READ MATTHEW 11:28-30 & PHILIPPIANS 2:5-8.** Christ's humility was displayed throughout His earthly ministry and carried all the way through to His death upon the cross. Why do you suppose that His humility is such an important truth to know as Christians? How does it help you to be more humble in your service to Christ and your service to others in Christ?

**READ LUKE 18:9-14** also. What is the difference between the Pharisee's prayers before God and the tax collector's prayers? Why was the tax collector's prayers more humble and honorable than the prayers of the Pharisee? What does this tell us concerning the attitudes of our hearts before God and men?

**RESPOND** by using the back side of this handout to write down Scripture references which also speak of humility. Consider these questions when selecting your verses: How does it present humility as an instruction or example for us to follow? How does it honor God in behaving with this kind of humility? How is it like the humility expressed in the first part of Psalm 131:1? How is it different? Prepare to read your Scripture verses next week and talk about them.

# Considering Psalm 131:

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