

“Lord, my heart is not proud; my eyes are not haughty. I don’t concern myself with matters too great or too awesome for me to grasp. Instead, I have calmed and quieted myself, like a weaned child who no longer cries for its mother’s milk. Yes, like a weaned child is my soul within me.” Psalms 131:1-2 NLT

lectio // Psalm 131

David gives a shout out to mothers and “weaned” children. I love it. What a concept of humility and being a learner, right? You hear someone’s heart through the words they say, but you see their thoughts reflected in their eyes! One can betray the other. Your eyes can betray your thoughts even though your words say different. I am not an early childhood expert, but I have helped raise three children and I am currently a very present papa with our first grandchild (and her parents) living with us. If you want to see the first experiences of self-soothing, watch a baby turn into a toddler! It is so important to practice a calm presence when dealing with the roller-coaster ride of “terrible twos.” Emotions are raw and unpredictable. But just like a child has to learn to quiet themselves without the aid of their intimate nurturing of mom, so David says, “my soul” must learn to be calm and quiet. Isn’t that beautiful? Isn’t that super hard to remember, practice and repeat? Yes! The older I get, the more I realize how much I DON’T know. I think my problem is, as I do get older, I feel the need to FAKE knowledge even more. I don’t like younger folks to think I’ve gotten stupid, slow or out of sync with the times. Ah, but either my clumsy words or my doubtful “poker” eyes betray me and reveal that I am not only lacking knowledge, but I’ve proven that I now have arrogantly engaged in “matters too great” for me to grasp. That’s so embarrassing! David often speaks to his soul and I am trying to learn from him to do the same. Soul, be humble. Soul, calm yourself. Soul, you don’t have to pretend that you know things that you clearly don’t know or prove that you’re smarter just because you’ve experienced a few extra trips around the sun. Settle down soul, and let God be God and you just be a listener and a learner.

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pray as responding to the words, phrase, sentence that God has stirred within you

Dad,

I find myself more dependent on you and your guidance now that I’m older and have more responsibility to family and friends. I want to practice not being concerned for things too great or too awesome for me to grasp. I want a quiet soul that gives joy, peace and hope.

contemplatio

rest in the presence of God, allowing the words revealed to take root