

Jesus, Our Peace
JitOT #5 | Psalm 131
November 7, 2021

Scripture Reading | Psalm 131 - "A SONG OF ASCENTS. OF DAVID."

NET ¹O Lord, my heart is not proud, nor do I have a haughty look. I do not have great aspirations, or concern myself with things that are beyond me. ²Indeed I am composed and quiet, like a young child carried by its mother; I am content like the young child I carry upon my soul. ³O Israel, hope in the Lord now and forevermore!

NLT ¹Lord, 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. ²Instead, 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. ³O Israel, put your hope in the Lord—now and always.

ESV ¹O 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. ²But I have calmed and quieted my soul, like a weaned child with its mother; like a weaned child is my soul within me. ³O Israel, hope in the Lord from this time forth and forevermore.

PRAYER

Introduction

- Damaging phrase: "and they lived happily ever after." Expectation for life.
 - Hakuna matata. Don't worry, be happy.
- There is no such thing as a stress-free, worry-free life.
 - "In this life you will face many trials" or "each day has enough trouble of its own"

Anxious Living

- *Note: using the word "anxiety" in the general sense, things that unsettle us | not clinical*
 - *Other words: unsettled, not at ease, fragmented, reactive, un-shalom*
1. Everyone experiences anxiety | this is our reality in a broken world, imperfect people
 - a. Situations that "inject anxiety" into our hearts | broken car, financial
 2. Anxiety is passed around | My role as a pastor includes hearing people's anxieties
 - a. Society-wide anxiety passing!
 3. Anxiety starts | Paul McLean's three-part brain theory
 - a. 1) Reptilian complex: automatic, instinctual, **fight-or-flight response**
 - b. 2) limbic complex: memory and emotion, value judgment
 - c. 3) neocortex: rational and logical thinking, able to "rise above"
 - i. Fight or flight can be good, but it can also be very bad
 - d. **Robert Kreech** Reactivity is our capacity to react to threats without thinking. It can save both time and lives. When under immediate threat, we may not have time

to take out a yellow legal pad, draw two columns, and thoughtfully consider the pros and cons of possible responses. Rather, we automatically respond with immediate action...[However], our brains do not know, at the level of reactivity, the difference between a real threat and an imagined one, and so they respond as programmed. The same physiological changes occur in our bodies in response to our emotional reactivity to people in our family or our congregation.

- e. **Chuck DeGroat** We can see how we can quickly fall victim to our reptilian fight-or-flight responsiveness in an argument with our spouse, rather than “leaning in” and allowing ourselves to move into a more elevated conversation. We can see how we react, even at a national level in times of crisis with knee-jerk responses.
 - i. Worldwide crisis of reactivity. Marketing and **media** taps into this part of our brains because it gets us to act.

Reacting to Anxiety

1. Anger | range: smoldering anger to physical violence
2. Escape | range: emotional withdrawal to addiction
3. Analysis | range: wheels spinning to obsession
4. Ignore | range: focus on something else to outright denial (stuffing it down)

Gospel Peace

The gospel is more than just “inner peace,” but it’s also not less than that

- Peace with God | **Romans 5:1** ¹ Therefore, since we have been justified by faith, we have peace with God through our Lord Jesus Christ.
- Peace with humanity | **Ephesians 2:14**
- Peace with all things | **Revelation 21:3-6**
- Peace within us | **John 16** ³³ I have told you these things so that in me you may have peace. You will have suffering in this world. Be courageous! I have conquered the world.
- Heavenly peace | **John 14** ²⁷ “Peace I leave with you. My peace I give to you. I do not give to you as the world gives. Don’t let your heart be troubled or fearful.
- Beyond understanding | **Philippians 4** ⁶ Don’t worry about anything, but in everything, through prayer and petition with thanksgiving, present your requests to God. ⁷ And the peace of God, which surpasses all understanding, will guard your hearts and minds in Christ Jesus.

Big idea: Jesus is our peace

David’s Prayer

Psalm 131 (NLT) ¹ 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. ² 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. ³ O Israel, put your hope in the Lord—now and always.

1. Humility kills anxiety | we can’t handle the world’s problems
2. Peace takes intentionality | we have to be willing to put in the work

3. The Lord is our peace | practical help is great as long as it's built on Jesus

Practical Guidance

1. Pay attention to your body
 - a. Soul שׁוֹרֵף = neck/throat | Inseparable connection between material and immaterial
 - b. Physical reactions: car drifting into my lane, heading into a serious meeting
 - c. How do you react to stress and anxiety? Something from the list or different?
2. Pay attention to your limits
 - a. Each person has a baseline. Growing your baseline *is* the maturation process.
 - b. Each season has a different baseline.
 - c. Recently seen on Twitter: author's pastor's sister in hospital. *I can't handle it!*
3. Practical regular stillness
 - a. Sit in a chair, put phone in the other room, one phrase/verse, slow your breath down (nephesh!), start with 10 min
 - b. Schedule it, prioritize it, protect it
4. Interact with your anxieties
5. Practice gratitude
 - a. Paul to Philippians: ...prayer and supplication with thanksgiving...
 - b. Heading into Thanksgiving season, perfect time to start this
 - c. Journal. Social media post. Specific people to text or talk with.

Augustine The third commandment enjoins quietness of heart, tranquility of mind. This is holiness. Because here is the Spirit of God. This is what a true holiday means, quietness and rest. Unquiet people recoil from the Holy Spirit. They love quarreling. They love argument. In their restlessness they do not allow the silence of the Lord's Sabbath to enter their lives. Against such restlessness we are offered a kind of Sabbath in the heart. As if God were saying "Stop being so restless, quiet the uproar in your minds. Let go of the idle fantasies that fly around in your head." God is saying, "Be still and see that I am God" (Ps. 46).