

SERMON OUTLINE & DISCUSSION QUESTIONS  
FEBRUARY 15, 2026

**HUMBLE, HUSHED, AND HOPEFUL IN THE LORD**  
**PSALM 131**

**MAIN THOUGHT & OUTLINE**

The best way to live is with a humble, hushed, and hopeful dependence on your LORD.

- I. Live with Humble Dependence on Your LORD (v.1)
- II. Live with Hushed Dependence on Your LORD (v.2)
- III. Live with Hopeful Dependence on Your LORD (v.3)

**QUESTIONS FOR REFLECTION & DISCUSSION**

- 1. How can thinking we need to know everything about everything be a source of pride? What balance do we need between knowledge and ignorance?
- 2. To what does v.2 apply in your life right now? How will you apply this Psalm to that challenge?
- 3. How can we apply this Psalm to help friends and neighbours who feel the weight of the world but don't know what to do about it?
- 4. Covenant children – do you feel burdened by life already? How can you come to rest in the Lord?

**FURTHER READING:** Mark 7:22; Isa 57:15; Rom 12:16; Deut 29:29; Phil 4:11-12; Ps. 43:5, 121:8, 125:2