

Hanging Out with the Humbled: Psalm 119:57-64, Psalm 131, and Psalm 133

“Hanging Out with the Humbled” describes living in *community* with others who are seeking transformation into the *humility* of Christ. (Philippians 2: 1-11, St. Benedict’s Ladder of Humility)

“Hanging out with the Humbled” describes both the means and the evidence of *contentment* in our journey with God in Christ. Experiencing *humility* with God and in *community* creates and evidences *contentment*. Think about where you are in your own experiences with *humility*, *community* and *contentment* as you read and reflect on **Psalm 119:57-64**, **Psalm 131** and **Psalm 33**.

Psalm 119:57-64 is the *Heth* stanza of the lengthy wisdom/Torah psalm and has similarities to Psalm 1, the introductory wisdom/Torah psalm to the whole Psalter.

1. From this *Heth* stanza, what do you learn about the psalmist’s *contentment* with the ordering of his life, with the arrangement of his life?

What evidence do you see of *humility* and humble trust in the LORD? Of his life in *community*?

What longings does **Psalm 119:57-64** stir in you?

Psalms 131 and 133 are both “Songs of Ascent,” songs that our Psalm 119 psalmist might have sung as he traveled up to Jerusalem with other pilgrims for the celebration of the feasts in the temple. These songs might have helped remind the people of current troubles they are struggling with, of how the LORD can be confided in and trusted in their struggles, and of how the LORD is their ultimate security. Psalms 132-134 are songs that celebrate their arrival.

2. Read **Psalm 131**, a song of confidence, trust and security in the LORD.

What has this psalmist found to be personally true? What image does he use to describe his experience?

Recall any of your own journeys out of self-competent pride into *humility*. Maybe you are in one now. Consider practicing humility in community by sharing your journey with safe people.

How have *humbling experiences* impacted your relationship with God in Christ?

How does this trust psalm nurture your *confidence* in God in Christ?

How does it point you to *contentment* in God in Christ?

3. Read Psalm 133, a wisdom psalm that gives instruction for daily living.

What does **Psalm 133** call attention to (Behold!) and not want its readers to miss?

What images does the psalmist use to describe this “good and pleasant” blessing from the LORD? Think like an Israelite as you ponder these images, recalling (or researching) what you know about Israelite life, worship, and geography. Notice anything miraculous?

Have some fun paraphrasing one or both of these 2 similes in contemporary words.

What other blessing do wise, faithful people need to keep in mind? (133:3b)

4. Read John 17, Jesus’ High Priestly Prayer, focusing on verses 20-23.

Ponder how the Trinity illustrates unity in diversity. Then read **Revelation 7:9-10**, noticing the nations, tribes, peoples, and languages—the fulfillment of Psalm 133:3b.

What truths about living in *humility* and in *community* are most important in your current life circumstances?

What opportunities are yours to practice *humility*, *community*, and *contentment* in Christ?