

SERMON SERIES: SOUL MANAGEMENT  
SERMON: THE STILLNESS OF THE SOUL  
2-17-19

*Psalm 131:1-3 (ESV)*

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

I am beyond excited to be continuing in our Soul Management series today. This series has been so helpful and eye opening for me, confirmed so many things that God has been speaking to me personally. I really want to encourage you to get on our app or website and really listen to each sermon that has been taught in this series so far especially if there are any you have missed, because we all need to know how to take care of our soul.

Today's message is near and dear to my heart and you will know why the more we get into it today, but I want to challenge you to really take heed to this word, because I know that I am not the only in here that needs this, while I was putting this sermon together, I was ministering to myself because I need this just as much if not more than you all.

How many of you in here would consider yourselves a pretty quiet person? How many would consider yourselves loud, like a in your face, center of attention type personality?

In case you weren't aware, I have 3 sisters and a brother, contrary to popular belief I am the second oldest. Growing up with all sisters was no joke. If you have daughters than you can more than likely understand that our house was never calm, there was always something going on.

Out of all my sisters I would say I was definitely the most quiet personality type, the more introverted one. I very much kept to myself, now not when it came to tattling I was the big tattle tale because I didn't want anyone to get away with anything! But I was definitely the quietest. I was like this most of my life, always the one out of all my friends that was more laid back and just kind of went with the flow.

How many of y'all know that just because you are quiet and calm on the outside doesn't mean the inside of you is quiet? Even though I seemed to be calm, and quiet, what so

many people didn't know is that my mind and my heart and my soul was always at a constant chaos.

It truly wasn't until almost 2 years ago now that I have learned to quiet my soul. Guys, about 3 years ago this inward chaos was so strong and so bad that there were days on days that I didn't want to get out of bed, I couldn't make any decisions myself, I could not turn my mind off, I honestly could hardly function, it was terrible.

I believe there are some of you in here that know exactly what I'm talking about, I dealt with anxiety to the point of almost completely shutting down, maybe you are in here dealing with that in your life right now, or have in the past, or you know someone who does, I want to tell you today, you can and will make it through, I am a testament to that fact.

There is stillness for your soul. God wants us to be at peace. It is up to us to 'manage' that. *Psalm 46:10 (NIV) He says, "Be still, and know that I am God;... this is my theme verse for this year.*

I want us to look back at the verse we read in the beginning Psalm 131:1-3 - this is David writing.

*1 O Lord, my heart is not lifted up;  
my eyes are not raised too high;  
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2 But I have calmed and quieted my soul,  
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We see here that David has learned to manage his soul in the midst of the chaos in the midst of craziness, and fame. David was a King, he was famous, he had followers, he had people that looked up to him, he had to make huge decisions. He was constantly under pressure.

In the midst of his crazy life, David was intentional about calming and quieting his soul.

Much like David, we all live in a chaotic time, there seems to never be a moment of stillness, everything around us is constantly moving or changing, there is always something going on...can I get an amen? I mean I'm not married and don't have children yet, and my life is on GO all the time, so I can't even imagine those of you that have a family it must really be on GO.

However I want to challenge you today to be intentional about quieting your soul even in the midst of your craziness, if not you yourself will go crazy and your soul will become

restless (some of you are like well Pastor Keshia I'm way past that stage of life, I'm not just on the crazy train, I'm driving it!)

That word calm that we see in Psalms in Hebrew means "to make level" is your soul leveled out, is your life balanced?

Just recently my dad came down, and every time he comes he brings his tool box because he knows I have a list of stuff around my house for him to fix. One of his projects this time around was my washing machine. Now I have an older washing machine, its a Roper which they don't even make anymore, it has definitely seen better days, but it still gets the job done so I keep her around. However, my washing machine, was a walking one. Every time I washed anything in it, it would go absolutely nuts, like I have to shut the door turn the music up super loud and pray that it didn't explode. So when dad came and I told him he said oh it just needs to be leveled. And I was like oh yeah I knew that :) so he took out his cool magnetic leveler and sure enough it was way off level, like way off. So he leveled it and now it's such a peaceful little appliance.

I say all of this because we can see that in our own personal lives, when our souls aren't leveled, when we are off balance, we go nuts!

When our inward levels are off, our soul becomes inconsistent.

A huge key to having your soul still, is to balance your life better. Last week in ELEV8 we talked about First things First, and how we have to make God the first of importance in our life. If you want to balance your life right you have to fit your life around God, not fir God in your life.

Now we don't want to just preach at you in this series, we have been intentional about giving you tools to apply to your life, that is what our theme for this Year 2019 is all about Building your life as an individual, you can't do that if you don't have the right tools? I clearly can't fix half the stuff in my house that I need to because I don't always have the right tools.

So here is the application - I am going to give you four tools, three of them will be taken out of this passage, we have been looking at today. These tools are meant to help put your soul at peace in the midst of your chaotic life.

1. KNOW THAT GOD IS GOD AND I AM NOT. Beginning of vs. 1 *O Lord, my heart is not lifted up; my eyes are not raised too high;* Even though David was King, He knew He was not God.

You may say, "okay duh Keshia, I know I am not God!" But so many of us declare God as God with our mouth, but try to be God in our life. You Can't Control Everything. You were not created to control everything. I know that is hard to grasp, trust me I KNOW.

We equalize inner peace with external control.

1. When your ambition isn't tied to God's calling for your life, it becomes a life on its own. We tend to put our value, worth and identity into achieving things we can't control. When we do that, when things that we are trying to control fail, we lose our value and identity. We aren't made for that.
2. God is God and we need to give Him control, how do we do that? Surrender.
3. Surrender isn't always easy but its always worth it. Surrender aligns with trust. Just like a trust fall, I have to know that when I let go, God is there to catch me and take care of me and any situation. So may of us say we trust God, but when it comes down to it, do we really?

*Isaiah 30:15, This is what the Sovereign Lord, the Holy One of Israel, says: "In repentance and rest is your salvation, in quietness and trust is your strength, but you would have none of it.*

In quietness and trust is your strength, what goes hand in hand with quietness for the soul? Trust. Trust that God is God and you are not, Surrender to Him.

## 2. LIMIT YOUR INTAKE

*vs. 1 I do not occupy myself with things too great and too marvelous for me.*

What do I mean by this? Put limits on what you let within. In this day and age, we literally have everything at our finger tips, we can get the news at any moment, whether it's world news or local news. Now don't get me wrong its good to know whats going on and I'm not saying be ignorant, but you do need to limit it, because I don't believe it is healthy for the stillness of your soul to be aware of every negative thing that is happening every single day.

GOSSIP - this one is HUGE! You do not need to know other peoples business. If someone comes up to you to talk about someone else, just kindly say I love you and I love them, but I don't need to know that, thank you. And walk away.

It is not our job to know everything, that is God's job and I think it's safe to say He's good at it.

## 3. LIVE FOR WHO GOD CREATED YOUT TO BE, NOT WHO THE WORLD DEFINES YOU TO BE

No matter the fact that David was a King, he lived as a Son. We see that when they brought back the ark of the covenant, and David danced in the streets in celebration to the point his clothes were falling off. In that moment he didn't care that he was king, he was praising the one who he knew was the King of Kings.

So many of us care so much about what other's think, that their voices become greater than God's, and we find ourselves unleveled again and out of balance, because we aren't living the life God created for us, we are building life that the world maps out for us.

The greatest way to level this out is through worship. When we worship we understand who God is and who we are.

#### 4. BE CONTENT

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

Why a weaned child? First of all a child to its mother is loved no matter what. Their worth isn't coming from anything they do, it's just coming from being born. And most of us in here have been born again, and once that happened we stepped into a love that we didn't deserve, but gained.

Secondly, a weaned child. I've learned this with my niece Hazel, if you hold her in a certain position she automatically wants to eat even when she isn't hungry, so a weaned child in the arms of their mother, ultimately wants nothing, they just want to be in the arms of their mom.

David says this to just show us that to have a quiet soul, we need to be content with God being God. Living in His arms.

God wants you and me to be at peace within ourselves. Peace is there for us to have, for us to take hold of and live in, but it is up to us to manage it within.

*Colossians 3:15 (NIV) Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful.*

We see here that we are called to peace, but we must let it rule in our hearts.

I guarantee that if you will apply these things to your life, you will have stillness in your soul. I can only guarantee it because I have lived it.

It wasn't until I surrendered, trusted, limited, and learned to be content that I began to have victory over anxiety in my life. It isn't a quick fix, and it isn't something that I still don't struggle in occasionally if I'm not careful, we have to be consistent in these applications to see and live in true peace.

But true peace is here for you. It's what God wants for you.