



**SECRETS OF THE HEART**  
**"The Humble Heart" Psalm 131**

No. 2401

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Albert Einstein wrote: "Everyone who is seriously involved in the pursuit of science becomes convinced that a spirit is manifest in the laws of the universe—a spirit...in the face of which we with our modest powers must feel humble." But do we? Can we honestly say, "My heart is not proud, O Lord?"

**I. A Humble Exclamation. v. 1a**

- A. The sense of it.
  - 1. On the surface it sounds like false humility.
  - 2. In reality it was a genuinely humble approach to the Lord.
  - 3. A heart response to criticism? See 1 Samuel 17:28; 2 Samuel 6:21
- B. The significance of it.
  - 1. Pride deifies self. See Ezekiel 28:2f
  - 2. Pride disparages others—"haughty eyes." See Luke 18:10
- C. The seriousness of it.
  - 1. The Lord is Sovereign; we are His creation. See Job 42:1-6
  - 2. He expects dependence; we humbly obey. See Micah 6:8
  - 3. Proud independence denies Him, destroys us. See 1 Peter 5:6

**II. An Honest Explanation. vv. 1b-2**

- A. A humble appraisal of human limitations.
  - 1. There are "great matters" beyond my knowing.
    - a. Without revelation I'm in the dark.
    - b. "I believe in order to understand." Anslem
  - 2. There are great wonders beyond my comprehension.
    - a. The wonder of life.
    - b. The mystery of death.
    - c. The awesomeness of salvation.

*"The world will never starve for want of wonders, but only for want of wonder."*  
 G.K. Chesterton
- B. A humble admission of human submission.
  - 1. The "stilling" and "quieting" of a fractious soul.
  - 2. The trusting and depending of a weaned child.
    - a. Weaned from infancy.
    - b. Weaned "upon its mother."

**III. A Heartfelt Exhortation. v. 3**

- A. A call for humble submission to the Lord for "now."
- B. A challenge to hope in the Lord "forevermore."

**Points to Ponder:** "The way to up is down; the way to down is up."