

## Reflection on Psalm 131

Father, You are All-in-all.

I am need.

You are self-contained,  
self-sufficient,  
always overflowing,  
always freely giving.

I am inherently, totally dependent.

You created me for  
constant, complete dependence on You.

You designed me for  
constant, complete relationship with You.

You destined me for  
constant, complete fullness in You.

So, my Father, seeing  
You for all You are and  
myself for all I am not,

I set aside my self-importance,  
my futile struggles,  
my frantic grasping,  
my fruitless ambition.

I welcome  
humility.

I embrace  
contentment.

I breathe  
the simplicity of childlike trust.

I come to You like a weaned infant –  
not scrambling to satisfy my own desires,  
but quietly resting in You.

**Hymn: [Psalm 131](#)**