

“Fasting: A Call to Quiet”  
Psalm 131  
*Series: Fasting—Seeking the Lord’s Face*

Notes

Intro:

**The Big Idea:** *As we \_\_\_\_\_ quiet our souls, we hear the LORD more*

1. *Be \_\_\_\_\_* — Confess: “We Don’t Know” v. 1
  - A) Confess the \_\_\_\_\_ Romans 12:3
  - B) Confess the \_\_\_\_\_ Job 40:3-5, 42:1-3
2. *Be \_\_\_\_\_* v. 2
  - A) **Quit** Chasing after Other Things: Be S\_\_\_\_\_ with Him Alone
  - B) Quit being Distracted: Be I \_\_\_\_\_ & Disciplined

3. *Be \_\_\_\_\_* —*Face: The Resurrection* v. 3
  - A) Face the LORD: He is the R\_\_\_\_\_
  - B) 2 Cor. 3:18; Hebrews 12:2

**Jesus Points**—Jesus is the Power to Live the Point!

- 1) *Building Families:* Allow your children to have truly  
Q\_\_\_\_\_ moments beyond disciplining Time Outs
- 2) *Pursuing Jesus:* How is *your* Q\_\_\_\_\_ time with the Lord coming?

**What do you Think?** Lazarus (John 11:38-44)

**Jesus Points Prayer:** “My heart is not proud, O LORD, my eyes are not haughty; I do not concern myself with great matters or things too wonderful for me. But I have stilled and quieted my soul; like a weaned child with its mother, like a weaned child is my soul within me. [Everyone], put your hope in the LORD both now and forevermore” (Psalm 131:1-3 NIV84)

**Benediction Ignition:** Jude 24–25 (NIV84)