

EFCDP SERMON NOTES • January 25, 2026
“How to Have Peace (When You Don’t Have It)” • Psalm 131

The Big Idea: *Peace is learned in a sinful world through humility, being content in God’s care for you, and putting your hope in the Lord.*

1. Learn to humble yourself.

v1

2. Learn to be content in God’s care for you.

v2

3. Learn to put your hope in the Lord.

v3

THE EVANGELICAL FREE CHURCH OF DES PLAINES

Digging Deeper

A guide for personal and small group study for the week of January 25, 2026.



→ Was any part of the message unclear?
Which aspect of the message do you think will
be the most challenging to apply to your own
life?

→ Do you agree with the “big idea” of this passage? Why or why not?

1. The sermon defines pride as “trying to solve the issues of the day by ourselves.” In what areas of your life (family, work, health) are you currently trying to “play God” instead of trusting Him?

2. Read **Mark 4:39**. How does acknowledging Jesus’ power over the “winds and waves” help us let go of the need to control our own “storms”?

3. The weaning process is often loud and unsettling for a child. How can “unsettling” seasons in our lives actually be a sign that God is maturing us?

4. What are some “distractions or sins” (the “milk” we crave) that you find yourself turning to for comfort instead of turning to God?

5. Of the “good habits” mentioned (journaling, silence, nature, serving, bible reading, praying), which one could you incorporate into your routine this week to foster a quiet soul?

6. Can you share a time when you realized, in hindsight, that a period of “waiting” or “suffering” was actually God’s way of caring for you?

7. The sermon says we can’t have true hope without first having humility. Why do you think pride is such a barrier to biblical hope?

8. Read **1 Peter 5:7**. How does the act of “casting your cares” on Him directly lead to the “hope” mentioned in Psalm 131:3?

9. David tells Israel to hope “from this time forth and forevermore.” How does focusing on the *eternal* (Jesus’ return) change the way you view your *current* anxieties?

10. Spurgeon called this Psalm “one of the longest to learn.” Why do you think it takes a lifetime to truly master the art of a quiet soul?

11. If you were to “wean” yourself from one specific worry tonight and put your hope in the Lord instead, what would that be?

12. Any other takeaways that you learned from this message?