Travelling Songs

Through Lent with the Psalms of Ascent

Week 4 Psalm 131 Mothering

'My soul is quieted within me'

The two sessions for Week 4 of the Lent Course will be held on:

- (1). **Tuesday afternoon March 29th**, at St Luke's Church, Stoke Hammond, 1.00pm for Soup Lunch, 1.30pm for the course.
- (2). An evening course held on **Thursday 31st March, 8pm** at:-The Hyde, 36 Rotten Row, Great Brickhill

All will be welcome to join in any of the sessions at any of the venues. The sessions are independent, so it doesn't matter if you miss one.



Psalm 131

- O Lord, my heart is not proud; my eyes are not raised in haughty looks.
- I do not occupy myself with great matters, with things that are too high for me.
- But I have quieted and stilled my soul, like a weaned child on its mother's breast; so my soul is quieted within me.
- 4 O Israel, trust in the Lord, from this time forth for evermore.

Quotation

'As truly as God is our father, so just truly is he our mother. In our Father, God Almighty, we have our being; in our merciful mother we are remade and restored'

(Julian of Norwich, 1342 – after 1416)

Some reflections

We can only talk about God by making comparisons, by saying, 'God is like ... ', and the Bible and the tradition of the church helps us to do it. So we can say that God is like a father, like a king, like a good shepherd, or like bread that feeds us, water that gives life, like fire, or the breath of the wind. There are many pictures, images or comparisons that can help us to understand, and to pray. Does the picture of a mother, and all that suggests to us, have a place with all these others, to deepen our understanding of God?

Other Bible passages

Isaiah 66. 13 'As a mother comforts her child, so will I comfort you'
Hosea 11. I-4 pictures God as being like a loving parent
Matthew 23. 37 and Luke 13. 34 Jesus speaks of himself as like a hen who gathers her chicks under her wing

Some questions

- I. Do you find the image of God as 'mother' helpful?
- 2. What can we say to those who have had a negative experience of their parents father or mother?
- 3. 'But I have calmed myself and quietened my *ambitions*' (from the NIV version of verse 2, or3). How could this help us to interpret the psalm?

Prayer

Loving God, good father and mother of us all, who calms and quiets our souls: keep us humble, and trusting in your love through Jesus Christ our Lord. Amen.

Next Week: Week 5 Psalm 130 Waiting

'My soul waits for the Lord'

Full details of the Lent Course can be found on the website:
See the "Lent Courses" section:- https://brickhillschurches.org.uk/lent-course/

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