

Meditation on Psalm 131:1-3

I have calmed and quieted my soul!

Psalm 131 is the 12th psalm of Ascent, a pilgrim song longing to enter the presence of God in the Temple in Jerusalem with a humble heart. Psalmist acknowledges his/her and people's weakness and shortcomings and the need to be transparent, truthful and repentant before God. Psalmist approaches God like a child and hopes to be comforted like a mother who nurses and cares for her child. According to some scholars, this psalm was spoken by a woman, a mother among the pilgrims singing this song, as she climbs the steps of the Temple, carrying her child! The soul that trusts in the Lord is in the loving hands of God, like a child in the protective care of its mother.

Psalmist reminds all that an arrogant, pride filled heart cannot connect to God or know God. Such a heart seeks corrupt ways to dominate and destroy anyone who questions his/her unjust ways! Psalm speaks of 'haughty eyes' [selfish/self-sufficient minds] that reject God's will for human family and the world; they unleash chaos and unrest in society; such minds are incapable to surrender to love. The lover of God avoids negative, conflicting inner attitudes and serves God's will in humility and generosity. Despite stressful life trials, psalmist learned to lean on God with a calm and quiet soul and experiences God's comforting, healing presence. God is like a mother to the psalmist, his/her security and future! While the wicked rebel against God, the psalmist and his people place their trust/hope in the motherly nearness of God. Psalm invites all to remain connected to God in love!

Father Jose