

## **Matthew 11:28-29**

**“Come unto me, all ye that labour and are heavy laden, and I will give you rest. 29 Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls.”**

***Calm and Quiet***  
***Hope in God***

**Psalm 131**

**“A Song of Ascents”**

**“A Song of Degrees”**

**Those who hope in God can say ...**

- 1. I'm not being proud.**
- 2. I have quieted my soul.**

**Those who hope in God can say ...**

**1. I'm not being proud.**

- A. My heart is not prideful.**
- B. My eyes are not raised high.**
- C. I do not occupy myself with great things that are too marvelous for me.**

## Psalm 86:10

**“For thou art great, and  
doest wondrous things:  
thou art God alone.”**

## Psalm 136:3-4

**“O give thanks to the Lord of  
lords: for his mercy endureth for  
ever. 4 To him who alone doeth  
great wonders: for his mercy  
endureth for ever.”**



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