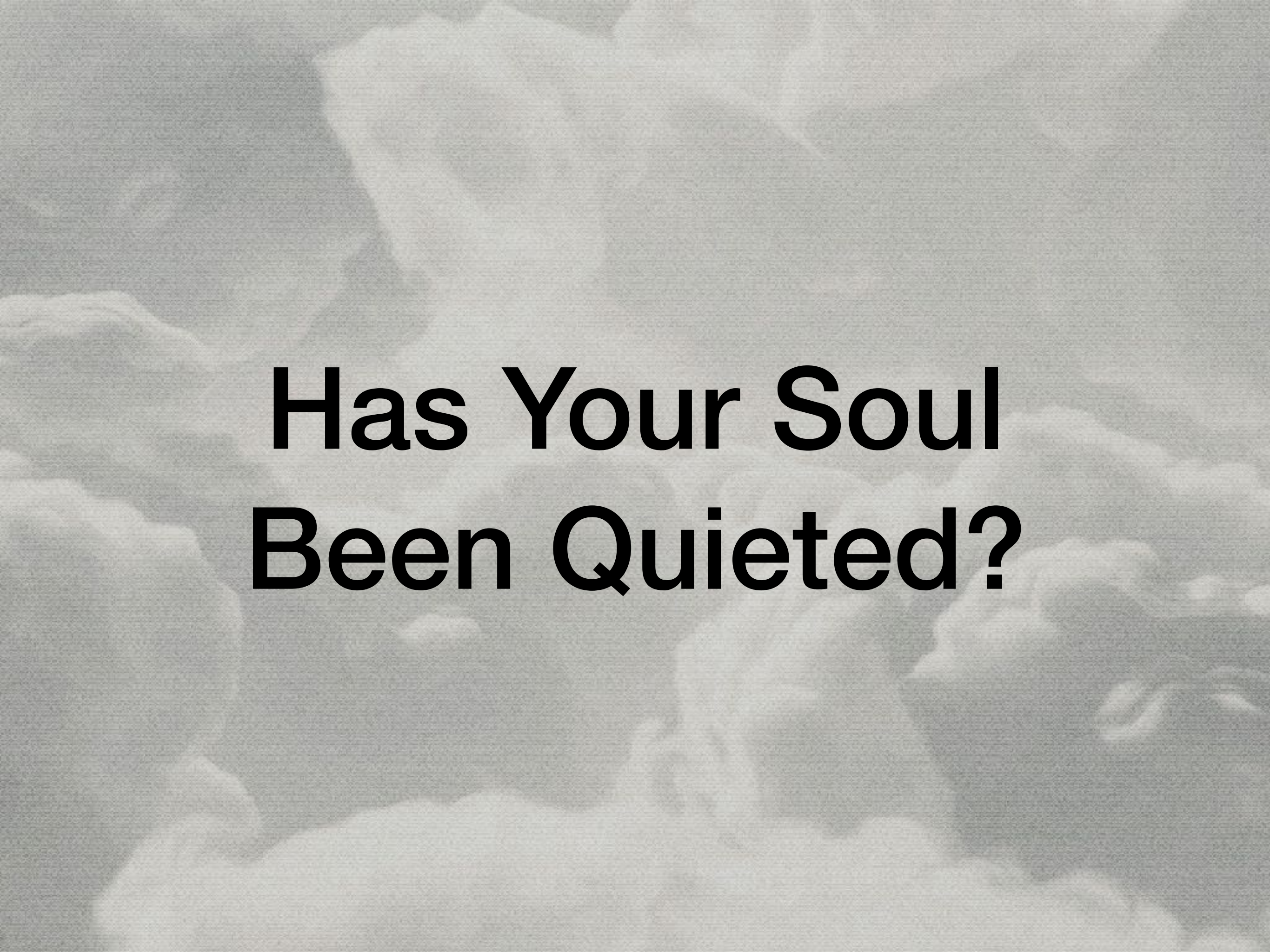
A painting of a mountainous landscape. The sky is filled with large, soft, white and grey clouds. In the foreground, there are dark, rocky outcrops. In the middle ground, there are rolling hills and a small, simple building with a dark roof. The overall color palette is muted, with greys, greens, and browns.

Songs Of Ascent

Psalm 131

The Secret To A Quieted Soul

- **Don't Get Overly Caught Up In Lofty Things**
(Romans 12:16; Matthew 23:1-6; Psalm 139:1-6;
Romans 11:33; Deuteronomy 29:29)
- **Get A Hold Of Yourself** (2 Samuel 12;
Philippians 4:11-13, 6)
- **Hope In The Lord** (1 Samuel 1)



**Has Your Soul
Been Quieted?**