

# *the* TAKE HOME 05.20.18

**Today's Scripture Passage: Psalm 131 (ESV)**

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## **“A Calm and Quiet Soul”**

(Psalm 131)

*“Our only hope is to throw ourselves unreservedly on God's mercy and trust him for all”* ~ J Gresham Machen  
(1881–1937)

**A calm and quiet soul is the byproduct of a heart**

**and a \_\_\_\_\_ faith that rests in God.**

### **1. The Enemies of a Calm and Quiet Soul (v. 1).**

Calmness and quietness flee when we are:

a. \_\_\_\_\_ (v. 1a).

b. Pursuing \_\_\_\_\_ (v. 1b).

### **2. The Process for Achieving a Calm and Quiet Soul (v. 2).**

### **3. The Anchor of a Calm and Quiet Soul (v. 3).**

The anchor is \_\_\_\_\_.