Psalm 131

Words & Music by Tom Howard/
Additional words by Marty Goetz
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Oh Lord my heart is quieted
My thoughts are not too proud
The shadows flee, my eyes can see You now
I do not occupy myself
With things too great for me
Here in Your stillness, is where I long to be

Chorus:
And I have calmed my troubled heart,
I have quieted my soul,
Like a child at its mother's breast,
I find my strength and take my rest
In the shelter of Your arms,
There is life to make me whole
I have calmed my heart and quieted my soul

But should I not be comforted
When darkness falls again
When I am weak, will I still seek You then?
Lord, help me hear You call my name,
Above the raging sea
O Israel, come put your trust in Me

Chorus:
I have calmed my troubled heart,
I have quieted my soul
Like a child at its mother's breast,
I find my strength and take my rest
In the shelter of Your arms,
There is life to make me whole
I have calmed my heart and quieted my soul

Instrumental Break

In the shelter of Your arms,
There is life to make me whole
I have calmed my heart and quieted my soul

I have calmed my heart and quieted my soul