



In life there are times that our minds are so crowded with thoughts contrary to the Word of God it is as if we are standing on the shoulder of the highway and the noise is deafening, so loud that we cannot hear.



What we don't understand is that we are standing of the deafening highway of destruction!!!!



Hypervigilant Biological Rollercoaster Ride
Of Emotions: Each Emotion Trying To Stop
The Noise, Fill The Void, All In An Effort To
Get Off Of This Highway Of Destruction!

1 Peter 5:8 (NASB95)

8 Be of sober *spirit*, be on the alert. Your adversary, the devil, prowls around like a roaring lion, seeking someone to devour.

John 10:10 (NASB95)

10 “The thief comes only to steal and kill and destroy; I came that they may have life, and have *it* abundantly.



2 Peter 1:4 (NASB95)

4 For by **these** He has granted to us His precious and magnificent promises, so that by them you may become partakers of *the* divine nature, having escaped the corruption that is in the world by lust.



What are these



Jeremiah 29:11 (NASB95)

11 'For I know the plans that I have for you,' declares the LORD, 'plans for welfare and not for calamity to give you a future and a hope.'



How Do We Get From Here



To Here



*By Telling God How
Big Our Problems Are
Instead Of Telling Our
Problems How Big
Our God Is!*



Matthew 11:28 (NASB95)

28 “Come to Me, all who are weary and heavy-laden, and I will give you rest.



Matthew 11:28 (NASB95)

28 “Come to Me, all who are weary and heavy-laden, and I will give you rest.

- *Weary means beaten down....*
 - *Heavy-Laden means burdened down.....*
-

Anxiety, Fear, Discouragement, Despair,
Anger, Frustration, Bitterness, Lust,
Greed, Guilt, Shame

*Each One A Noise That Occupies Our
Minds!*

John 14:27 (NASB95)

27 “Peace I leave with you; My peace I give to you; not as the world gives do I give to you. Do not let your heart be troubled, nor let it be fearful.

Matthew 11:28 (NASB95)

28 “Come to Me, all who are weary and heavy-laden, and I will give you rest.

The Cure Is To Come To Him!!!!

Matthew 11:28 (NASB95)

28 “Come to Me, all who are weary and heavy-laden, and I will give you rest.

Avoid Me, all that labor and who are heavy laden, I will not provide you rest, refuse my yoke of fellowship, avoid abiding in Me, refuse to learn, refuse to learn to be like Me and you will find noise in your soul!

What are the dangers of noise in the soul?

- **Physically:** A noisy soul promotes the destruction of the body.
- **Stress Related Illnesses &** complication result in unrestrained & unbiblical thoughts.
- **Gastrointestinal disorders, Cardiac difficulties, sleep disorders** all related to handling pressure wrong.

What are the dangers of noise in the soul?

- **Spiritually:** A noisy soul reflects alienation from god.
- Initially there is distance from God.
- God-ward gaze is absent.
- Eventually there is much distraction from God, noise further masks God's voice.

What is God's cure for noise in the soul:
Come to Me!!!!

We have only two choices.

God-ward gaze: the essence of faith, whereby we look outside ourselves to God for direction, strength, and hope.

Self-dependent focus: the essence of unbelief, whereby we look to ourselves for direction, strength and hope.

John 15:4–5 (NASB95)

4 “Abide in Me, and I in you. As the branch cannot bear fruit of itself unless it abides in the vine, so neither *can* you unless you abide in Me. 5 “I am the vine, you are the branches; he who abides in Me and I in him, he bears much fruit, for apart from Me you can do nothing.

Proverbs 3:5–8 (NASB95)

5 Trust in the LORD with all your heart And do not lean on your own understanding. 6 In all your ways acknowledge Him, And He will make your paths straight. 7 Do not be wise in your own eyes; Fear the LORD and turn away from evil. 8 It will be healing to your body And refreshment to your bones.



Most of our noise is caused when we try to gain or regain control over our lives, constantly fighting our limitations and restrictions: all is fueled by pride.



Pride is full of self-assertion, self-protection, self-promotion, self-confidence, and self-esteem.

Child like trust!

Psalm 131:1–3 (NASB95)

1 O LORD, my heart is not proud, nor my eyes haughty; Nor do I involve myself in great matters, Or in things too difficult for me. 2 Surely I have composed and quieted my soul; Like a weaned child *rests* against his mother, My soul is like a weaned child within me. 3 O Israel, hope in the LORD From this time forth and forever.

John 4:34 (NASB95)

34 Jesus *said to them, “My food is to do the will of Him who sent Me and to accomplish His work.

John 6:38 (NASB95)

38 “For I have come down from heaven, not to do My own will, but the will of Him who sent Me.

John 8:29 (NASB95)

29 “And He who sent Me is with Me; He has not left Me alone, for I always do the things that are pleasing to Him.”

John 8:49–51 (NASB95)

49 Jesus answered, “I do not have a demon; but I honor My Father, and you dishonor Me. 50 “But I do not seek My glory; there is One who seeks and judges. 51 “Truly, truly, I say to you, if anyone keeps My word he will never see death.”

The key to our biblical success is to be willing to be humble, lowly in heart.

- *Continual spirit of repentance toward God.*
- *Continual spirit of dependence toward God.*
- *Continual spirit of deference [respect] toward others.*
- *Continual spirit of service toward others.*



