

NOTICING THE NOISE IN YOUR SOUL

Come unto me, all ye that labour and are heavy laden, and I will give you rest. 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. For my yoke is easy, and my burden is light.

Matthew 11:28-30

Introduction: Noise is produced by creating a disturbance.

Noise in the physical realm consists of waves.

Noise in the soul consists of thoughts.

A. What Does Noise in the Soul Sound Like?

1. Matthew 11:28-30

a. Beaten down-labor: weariness; take a beating

b. Burdened down-heavy laden: heavily loaded ship

2. What noises disturb your soul, robbing it of rest/peace?

I waited patiently for the Lord; and he inclined unto me, and heard my cry. He brought me up also out of an horrible pit, out of the miry clay, and set my feet upon a rock, and established my goings. (Psalm 40:1-2).

a. Sounds of anxiety and fear

Thoughts of worry; of vulnerability; of uncertainty

b. Sounds of discouragement and despair

Thoughts of hopelessness; of defeat; of self-pity

c. Sounds of anger and frustration

Thoughts of hurt; of demands; of thwarted goals

d. Sounds of bitterness and hatred

Thoughts of injustice; of contempt; of revenge

- e. Sounds of lust and greed
Thoughts of immorality, indulgence; of covetousness
- f. Sounds of guilt and shame
Thoughts of sinfulness; of remorse; of embarrassment
- g. Sounds of possessions and positions
Thoughts of responsibility; of "to do" lists; of strategies
- h. Sounds of obsessions and addictions
Thoughts of rituals and habits; of self-imposed demands;
of secrecy and cover-ups
- i. Sounds of entertainment and recreation
Thoughts of movies and TV; of music and news; of sports
and video games; of travels and adventures

B. What Are the Dangers of Noise in the Soul?

1. Physically -A noisy soul promotes the destruction of the body.
 - a. "Stress related" illnesses and complications often result since unrestrained and unbiblical thoughts keep the ANS (autonomic nervous system) activated.
 - b. Many gastrointestinal disorders, cardiac difficulties, autoimmune system and endocrine dysfunctions, and sleep disorders are related directly to wrongly handled pressure.
2. Spiritually -A noisy soul reflects alienation from God.
 - a. Initially, there was distance from God-the God-ward gaze is absent or greatly underdeveloped.
 - b. Eventually, there is much distraction from God-noise further masks God's voice.

C. What Is God's Cure for Noise in the Soul?

Matthew 11 :28-30

1. Come to Me! (Matthew 11:28)

a. Speaks of the heart's orientation-two choices:

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

Abide in me, and I in you. As the branch cannot bear fruit of itself, except it abide in the vine; no more can ye, except ye abide in me. I am the vine, ye are the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing (John 15:4-5).

2) Self-dependent focus-the essence of unbelief-whereby we look to ourselves for direction! strength! and hope

Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths. Be not wise in thine own eyes: fear the Lord, and depart from evil. It shall be health to thy navel and marrow to thy bones (Proverbs 3:5-8).

2. Come and be like Me! (Matthew 11 :29)

a. Be willing to be governed -"meek."

1) The godfather of noisemakers is pride. Most of our noise is caused when we try to gain or regain control over our lives. We constantly fight our limitations and restrictions. This is our biggest source of pressure and is fueled by our pride.

Pride whines and pouts; pride shouts and demands; pride argues and debates; pride covets and grasps; pride screams and retaliates; pride shifts blame and points fingers; pride lusts and indulges; pride manipulates and schemes; pride drives and obsesses; pride worries and frets.

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

Pride cries out, "I will not ..."; "I must have ..."; "I don't have to ..."; "I won't let that happen!"; "I can't take any more of..."; "I don't like "

2)"Self" is a relentless noisemaker -like a hungry, unweaned infant on his mother's lap (Psalm 131).

b. Be willing to be humble -"Lowly in heart."

1) Jesus' life was not about Himself. He says, "Learn of Me; I am your Pattern." (John 4:34; 6:38; 8:29; 8:49-50; 9:4-5; 10:17-18; 12:27-28)

2) For us, this kind of humility is measured by our growth in the following:

- a) Continual spirit of repentance toward God
- b) Continual spirit of dependence toward God (teachability, obedience, etc.)
- c) Continual spirit of deference toward others
- d) Continual spirit of service toward others

Conclusion: You must come to Christ and purpose to be like Him to quiet the noise in your soul.