

## Part One: The Way Down

### Session 1

#### Noticing the Noise in Your Soul

*“Come to Me, all who are weary and heavy-laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls. For My yoke is easy and My burden is light.” - Matt 11:28-30*

Introduction: Noise is produced by creating a \_\_\_\_\_.

1. Noise in the \_\_\_\_\_ realm consists of waves.
2. Noise in the soul consists of \_\_\_\_\_.

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 to me and heard my cry. He brought me up out of the pit of destruction, [lit., a pit of noise]...(Psalm 40:1-2).*

- a. Sounds of \_\_\_\_\_ and fear  
Thought of worry; of vulnerability; of uncertainty
- b. Sounds of discouragement and \_\_\_\_\_  
Thoughts of hopelessness; of defeat; of self-pity
- c. Sounds of \_\_\_\_\_ and frustration  
Thoughts of hurt; of demands; of thwarted goals
- d. Sounds of bitterness and \_\_\_\_\_  
Thoughts of injustice; of contempt; of revenge
- e. Sounds of \_\_\_\_\_ and greed  
Thoughts of illicit pleasure; of indulgence; of covetousness
- f. Sounds of guilt and \_\_\_\_\_  
Thoughts of sinfulness; of remorse; of embarrassment
- g. Sounds of \_\_\_\_\_ and positions  
Thoughts of responsibility; of “to do” lists; of strategies
- h. Sounds of obsessions and \_\_\_\_\_  
Thoughts of rituals and habits; of self-imposed demands; of secrecy and cover-ups
- i. Sounds of \_\_\_\_\_ and recreation  
Thoughts of movies and TV; of music and news; of sports and video games; of travels and adventures

\*The collective noise of all these sounds is \_\_\_\_\_! How different from the Master’s desire for us, His disciples.

*“Peace I leave with you; My peace [the kind you have seen in Me these past years] I give to you; not as the world gives do I give to you. [How is your search for peace and rest any different from the methods the world uses? Jesus said His method would be entirely different.] Do not let your heart be troubled, nor let it be fearful. (John 14:27)”*

\*God-centered souls are not noisy. God-centered souls are at rest.

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

1. Physically—A noisy soul promotes the destruction of the \_\_\_\_\_.

- 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 \_\_\_\_\_.
    - 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) \_\_\_\_\_-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) \_\_\_\_\_-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 [smooth out] thy paths. Be not wise in thine own eyes: fear the Lord, and depart from evil. It shall be health to thy navel [whole body], and marrow [medicine; refreshment] to thy bones (Proverbs 3:5-8).”*
    - b. Reversed Standard Version of Matthew 11:28-30  
 “Avoid Me, all who are weary and heavy-laden, and I will deny you rest. Refuse My yoke of fellowship and abiding, and refuse to learn what I am like in order to become like Me, and you will find noise in your souls.”
  2. Come and be like Me! (Matthew 11:29)
    - a. Be willing to be \_\_\_\_\_—“gentle.”
      - 1) The godfather of noisemakers is \_\_\_\_\_.
        - 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) “\_\_\_\_\_” is a relentless noisemaker—like a hungry, unweaned infant on his mother’s lap (Psalm 131).
    - b. Be willing to be \_\_\_\_\_—“humble 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 \_\_\_\_\_ toward God
        - b) Continual spirit of \_\_\_\_\_ toward God (teachability, obedience, etc.)
        - c) Continual spirit of \_\_\_\_\_ toward others
        - d) Continual spirit of \_\_\_\_\_ toward others

**CONCLUSION:** You must come to \_\_\_\_\_ and purpose to be like \_\_\_\_\_ to quiet the noise in your soul!