

QUIETING A NOISY SOUL

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Part One: The Way Down

Session 3

Understanding the Solution for Your Noise

“Though our outer man is decaying, yet our inner man is being renewed day by day. For momentary, light affliction is producing for us an eternal weight of glory far beyond all comparison, while we look not at the things which are seen, but at the things which are not seen; for the things which are seen are temporal, but the things which are not seen are eternal.” 2 Corinthians 4:16-18

A mind _____ by the Spirit of God with the truth of God is the only antidote for guilt, anxiety, anger, and despair. It is the only _____ for a noisy soul.

A. Understanding the Pressure and Strain

1. Pressure is first evaluated by the _____.
2. Persistent anxiety has negative effects (strain) on the _____.

 - a. While most of the effects listed below can have other causes, the following are common indications of bodily strain caused by wrongly handled _____:

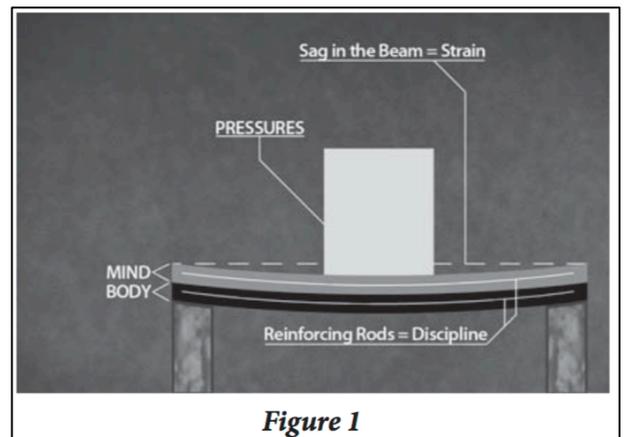


Figure 1

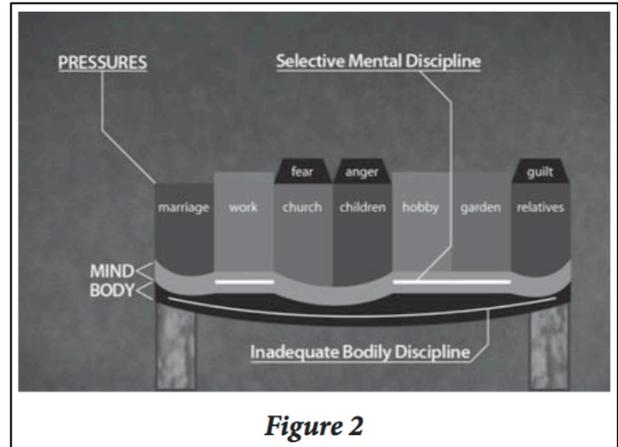
- muscular tensions and headaches; insomnia and fatigue; increased or decreased appetite; heart palpitations, tics, and itching; colitis, diarrhea, ulcers, cramps, and other stomach disorders; and so forth.
 - b. The negative effects of unresolved pressures on the _____ and its emotions include the following: depression, boredom, listlessness, dullness, and lack of interest; irritability and “touchiness”; phobias (irrational fears) and anxiety-related disorders (panic attacks, etc.); compulsive behavior (extreme perfectionism, eating disorders, self-mutilation, and excessive cleanliness, excessive orderliness, or excessive exercise); changes in personal and social habits (withdrawal, obnoxiousness, and so forth).
3. A disciplined _____ and _____ have greater ability to withstand pressure with fewer debilitating effects on either the mind or the body (like concrete reinforced with steel rods—see Figure 1).
 - a. A disciplined mind approaches pressures with _____ and structure. These elements give it a measure of _____.
 - b. A disciplined body is healthier because it receives adequate and consistent amounts of nutrition, rest, and exercise. These elements also give it a measure of _____.

4. God, however, never intended for man to be able to handle the pressures of life _____.

a. This is true even if his mind and body are disciplined to the highest possible human level (Matthew 4:4; John 15:4-5; II Corinthians 3:5; 4:7; etc.). Discipline of mind and body alone are very helpful but _____ to handle life's demands adequately.

The sagging beams in Figure 1 illustrate this truth.

b. Most people do not adequately _____ their _____ and are selective of the areas of life in which they maintain disciplined _____ processes. In addition, they face extra pressures such as fear, anger, and unresolved guilt in areas of responsibility where they have failed God and others. They are aware that their lives, while



productive in some areas, do not very effectively honor the Lord. The result is a rather pathetic picture—see Figure 2.

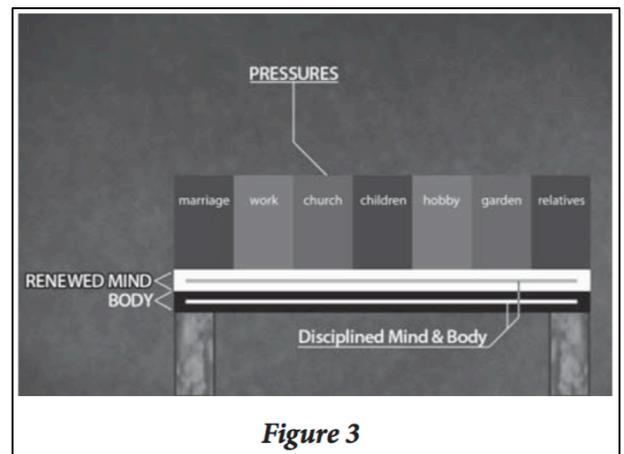
B. Handling Pressure Biblically

1. Eliminate the pressure God does _____ for you to bear.
 - a. Eliminate _____ and its results (Hebrews 12:1; I John 1:9; Ephesians 4:22).
 - b. Eliminate _____ you have assumed outside the will of God. Motivation for even good activities can come from sinful lusts (I John 2:16).

2. Reinforce the beams so they will withstand the weight of the pressures you bear _____ the _____ of God.
 - a. A disciplined _____ is helpful: adequate rest, nutritious diet, regular exercise.
 - b. A renewed _____ is essential!

C. The Result—A Different Way of Looking at Life and Its Pressures

A renewed mind possesses a Bible-taught and Spirit-illuminated belief that God is _____ than _____ for me. See Figure 3.



CONCLUSION: You must spend much time beholding _____ if you are to have a renewed _____ —and, thus, a quiet _____.