

April 10, 2016

CREATING QUIET

Text: Mark 4:18-19 Page 1557

Ephesians 4:29 No unwholesome talk, building up others, ministering grace to those who hear.

Be generous with your ears, be economical with your words, and let your walking do your talking.

Silence can become your servant, and can help you create a more peaceful life for yourself.

Three Ways to Confront The Noise In Your Life. The First Challenge:

1. Set aside your _____.

In his book *Willpower*, research psychologist Roy Baumeister said that the best way to deal with distracting temptations is to put them out of sight.

If you want to live a more peaceful and quiet life, then give yourself each day as many distraction-free hours as you can afford. Ref: Hebrews 12:1

Setting aside your distractions helps you reconnect to what really matters.

2. Prioritize your _____ -- _____

The busier we are over the long haul, the less content we are over the long haul. Life is better when you allow yourself some downtime.

Let's look at what Jesus said about scheduling downtime.

"Come with me by yourselves to a quiet place and get some rest." (Mark 6:31 NIV)

_____ with me.

When you need to get away from the demands and expectations of the world, remember that Jesus wants to get away with you.

By _____ Quiet _____. Get some _____.

Do you know what will happen if you give yourself the gift of distraction free, demand free, downtime? The external peace and quiet with which you surround yourself will gently lead you in the direction of internal peace and quiet Ref: Isaiah 26:3ESV

3. Transform your _____ life. Ref: Ecclesiastes 5:2

What does the Bible say about how we should approach God? Ref: Psalm 37; Zephaniah 1:7; Psalm 46:10

We are wrong to think that prayer is a monologue in which we say, "I talk, you listen." Really, prayer is intended to be more like a dialogue: Lord, hear my prayer; Lord, help me to hear your voice.

When I talk about hearing the voice of God, I'm not talking about literally hearing voices. I'm talking about hearing the Word of God, in your spirit, in the deepest part of your heart. He speaks to you through his Word, and always in a manner consistent with his Word.