



# How to Quiet a Noisy Soul



# I. The Premise of a Noisy Soul

A. A noisy soul is a mind that is bombarded with thoughts of:

1. **guilt**- the awareness in your soul that you have done something wrong, being down-casted in mind



# I. The Premise of a Noisy Soul

2. *fear of judgment*-an impending sense of doom, anticipating something bad is going to happen, a sense of anxiety as a result of the loud noise of guilt in your soul.



# I. The Premise of a Noisy Soul

3. running away- thinking about ways to escape the pain you are feeling in your heart as a result of the loud noise of the fear of judgment in your soul.





# I. The Premise of a Noisy Soul

B. A noisy soul is caused by trying to **control** the good and bad that God controls in your life, instead of enjoying and enduring what God ordains for your life.



# I. The Premise of a Noisy Soul

C. A noisy soul is caused by reducing life to what you want, what you think you need, and living by what you think is right and wrong, resulting in living a life of self-indulgence and self-righteousness which is all self-centeredness.



# I. The Premise of a Noisy Soul

D. In essence a noisy soul is trying to live a life without God resulting in preoccupation with your own cares, riches, worries and standards leading to be being weary (tired from hard toil) and heavy laden (loaded down) thus a noisy soul.



# I. The Premise of a Noisy Soul

Summary: A noisy soul is a soul that is down-casted, doubtful, devastated, divided and devoid of peace as a result of seeking to live life without depending on and submitting to God.





## II. The Prescription for a Noisy Soul v28-v29

A. *God's calls us to Come to Him – establish a relationship with Jesus Christ all who are weary (tired from the hard toil) and heavy laden (loaded down from the noise of our soul, the sin that so easily entangles us); This is a call to salvation.*



## II. The Prescription for a Noisy Soul v28-v29

B. God calls us to *take His yoke* – submit to Jesus Christ in discipleship; This is a call to *sanctification.*



## II. The Prescription for a Noisy Soul v28-v29

C. God calls us to learn gentleness from Him – a willing submission from the heart to the rule of God over your life without grumbling or resisting ; a willing submission to the agenda of God.



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D. God calls us to learn humility from Him – a willing disposition from the heart and a willing practice to esteem others above yourself; a willingness to proclaim the name of Jesus Christ above making a name for yourself.



## II. The Prescription for a Noisy Soul v28-v29

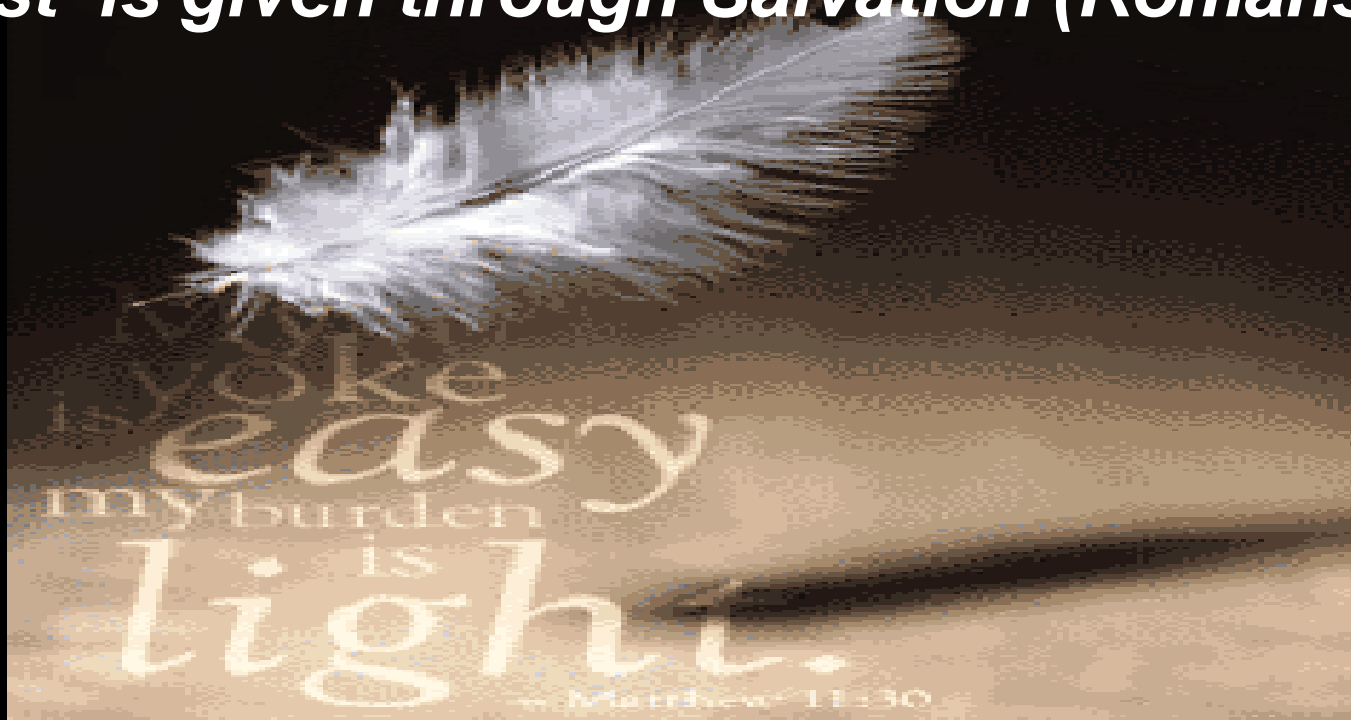
Summary: We must come to Jesus Christ to receive salvation. We must walk with Jesus Christ in sanctification. *“We must learn the Lord’s Nature and out of love seek to relate to Him accordingly; Letting the Mind of the Master be the master of our minds”*  
(Quote from Jim Berg)





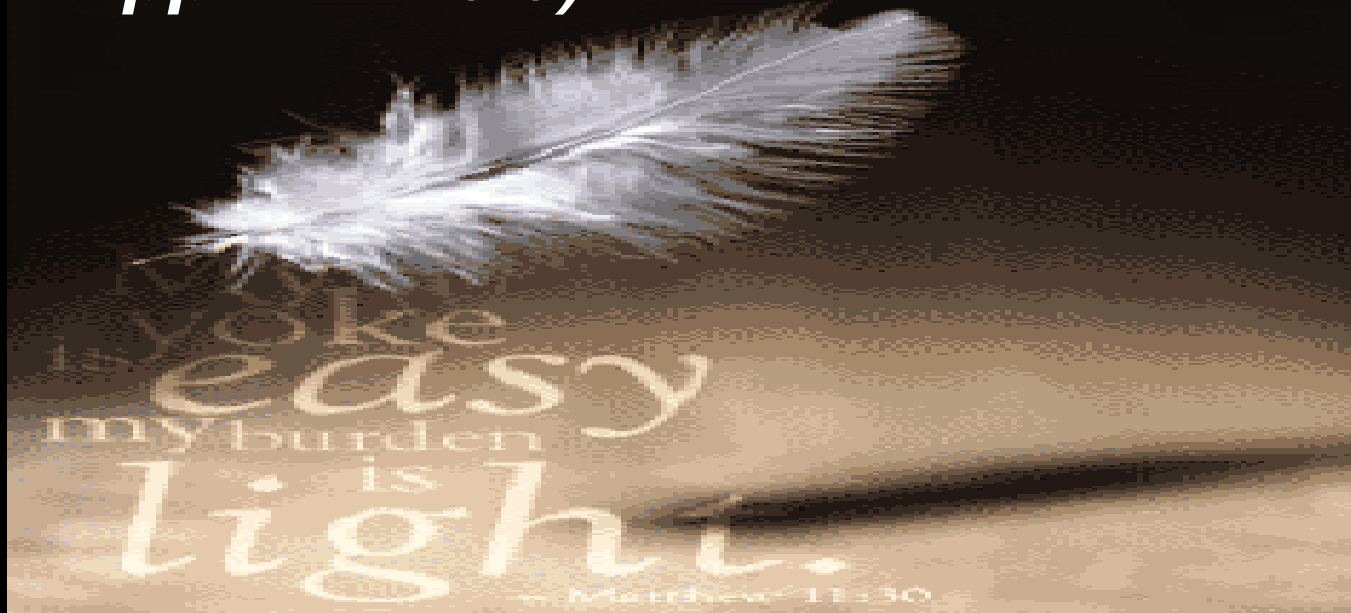
### III. The Promise for the Noisy Soul v29-v30

A. We will be given rest for our souls if we come to Him – to be refreshed; to be revived in soul from spiritual death to spiritual life through salvation in Jesus Christ; This rest can be defined as Peace with God-legally declared right with God; ***this rest is given through Salvation (Romans 5:1).***



### III. The Promise for the Noisy Soul v29-v30

B. We will *find rest* for our souls if we follow Him— relief from anxiety and trouble, relief from the pain of guilt as we walk in progressive sanctification in Jesus Christ; This rest can be defined as the *Peace of God*— tranquility of soul as a result of following Jesus Christ; *this rest is gained through Sanctification (Philippians 4:6-9)*



### III. The Promise for the Noisy Soul v29-v30

C. His yoke will be easy – His agenda of discipleship is well fitted and suited for you; adapted to fit you; as you submit to His agenda, God's purpose is fulfilled in you and through you resulting in pleasantness for you and Glory to Him.



### III. The Promise for the Noisy Soul v29-v30

D. His burden will be light – the load God has for you to carry in terms of the demands of discipleship will not be more than what you can handle; It will be bearable and not burdensome. You will be able to carry the load without it weighing you down



### III. The Promise for the Noisy Soul v29-v30

Summary: Through salvation you will be given rest- *peace with God*. Through sanctification you will find rest- *the peace of God*. The lifestyle and responsibility God gives, teaches, and commands you to walk in will not be burdensome or more than what you can handle. It has been tailor made to fit you. It is well fitted for you.

