

Shutting Out The Noise

I. Introduction:

A. Living in this world means there are common adversities we will face that even those outside of Christ face (**I Corinthians 10:13**).

1. Of course, being followers of Christ means we will also face things people of the world will not (**John 16:33**, **Acts 14:22**, **II Timothy 3:12**, and **I Peter 4:12-16**).

2. You are not alone in what you are facing (**I Peter 5:9**).

B. We have to be aware of the anxieties that can arise from living in this world (**Luke 21:34**).

1. Those anxieties can choke the word of God (**Mark 4:18-19** and **Luke 8:14**).

2. Where our minds are matters (**Mark 12:28-31** and **Colossians 3:1-4**).

II. Body: Look Not At... **II Corinthians 4:8-5:1**

A. We can throw our anxieties above (**I Peter 5:6-7**; cf. **Psalms 56:1-4**).

1. God is not going to miraculously take the troubles away (**II Corinthians 7:5-6**; cf. **John 12:27**).

2. However, by focusing ourselves on prayer of thanksgiving and things that are good; we can deal with anxiety (**Philippians 4:6-8**).

3. Will you allow the peace we [faithful Christians] have in the Lord to rule in your heart (**Colossians 3:15**)?

B. Refocus your mind (**I Samuel 30:6**).

1. Think about how David viewed a giant challenge differently than his brethren (**I Samuel 17:23-26**; **17:32**).

2. We can choose a different thinking pattern than to worry (**Psalms 32:10-11**).

3. Above all people on earth, we can choose not to be troubled by thinking ahead (**John 14:1-3**).

C. Realize that thinking about things you cannot control is vain (**Psalms 127:2**).

1. We know the rule of time and chance (**Ecclesiastes 9:11-12**).

2. If you cannot control the little things, why worry about the rest (**Luke 12:25-26**)?

3. Jesus taught not to take thought for that which is out of our hands (**Matthew 6:34**).

III. Conclusion: Remember what Paul told Timothy the evangelist (**II Timothy 2:3-4**).