

WHITE NOISE – Clay Scroggins – July 7, 2019

White noise is a deodorant for unwanted sound.
White noise *masks* unwanted sounds.
What do we use to mask unwanted emotions?

The Scroggins have five kids, they sleep with White Noise because kids ‘sleep loud.’

Our world has more noise now than ever before. White noise is a form of sound masking. Clay asked what we use to mask unwanted sound and unwanted emotions. The church responded:

- Hallmark movies
- Food
- Music
- Social Media
- Work
- Alcohol - Wine
- Shopping

Discussion: What do *you* use to mask unwanted sound and emotions, when you don’t want to feel what is going on?

As Clay spoke, sound in the church kept getting louder so that we could not hear what he was saying. We were relieved when the noise was turned off.

We can’t exist in an environment with no noise. Noise is always there. We grow numb to it. We turn up noise when we don’t want to feel what is there.

Discussion: If God wanted to deal with something in you, would you be willing to turn down the volume (of whatever it is) so you can hear Him?

He referred to the Sermon on the Mount, Matthew 5: “Blessed are the pure in heart for they will see God.” “Pure in heart” is to be clean on the inside.

If you could see God, wouldn’t you want to know about your circumstances, your situation, your finances, future, job, relationships?. Would you be interested in seeing like God sees? To the degree that we mask our emotions we remain unable to see God.

Discussion: What are you willing to say ‘no’ to in order to hear God?

I must turn down the noise, feel what God wants me to feel, hear what he wants me to hear. Prayer is the practice of turning down the volume and noise so we can hear God.

Discussion: What practice do you have that allows you to be quiet and hear God? How do you do this?

Discussion: What are the circumstances in your life that have you running to God for relief from the ‘noise’?

Matthew 6:6 “When you pray, go into your room, close the door and pray to your Father, who is unseen.” But I’m talking to someone who is *invisible*. We get distracted by our phones, the calendar, work. “Then your Father, who sees what is done in secret will reward you.” Peace. Joy, Love, He is the source of all this.

God says I’m with you all the time, but go into your room, close the door, talk to me, listen to me. God I want,. . . I need . . . I surrender. Name it, let go of it, and what is the reward? The reward is Him. God.

Discussion: Figure out what your white noise is and turn it down, be ruthless. David, in his Psalms often said 'Search me, know me.' Can we do that and allow God to deal with it?

Ted recommended Clay's book, "How to Lead When You're Not in Charge."