

## DON'T GET LOST IN THE NOISE

21/12/25

Noise can be a huge distraction and often blocks out reality. Loud noise also can force our attention away from what we are doing or want to do, because it overwhelms our senses. In reality, some people cannot think or function properly when different parts of the noise spectrum are loudly present.

'White noise' is a term used to describe a constant sound that includes all frequencies. It helps people focus because it subdues distracting noises and brings peace and harmony to the listener.

*The Holy Spirit does the same thing for the human race in all spiritual matters, as well.*

**JOH 14:26** But the Comforter, which is the Holy Ghost, whom the Father will send in my name, he shall **teach you all things**, and **bring all things to your remembrance**, whatsoever I have said unto you. **27** Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. *The Holy Spirit removes the background noise and lets us hear and see God with clarity and purpose. This is called salvation!*

*Salvation needs to be monitored and serviced.*

**The need to grow... the time to turn wisdom and knowledge into blessing. HEB 5:13** For every one that useth milk is **unskilful in the word of righteousness**: for he is a babe. **14** But strong meat belongeth to them that are of full age, even those who by reason of use **have their senses exercised** to discern both good and evil.

**6:1** Therefore leaving the principles of the doctrine of Christ *(add to your spiritual integrity and status)*, let us go on unto perfection; not laying again the foundation of repentance from dead works, and of faith toward God, **2** Of the doctrine of baptisms, and of laying on of hands, and of resurrection of the dead, and of eternal judgment. *Time to move past the basics and start listening to how the bible is trying to develop us.* **3** And this will we do, if God permit.

*The bible talks about the 'noise' of life.*

**The noise of life and distractions... MAT 13:7** And some fell among thorns; and the **thorns sprung up**, and **choked them**: *They are choked of nutrient from the ground and sunlight from the air.*

*The first layer of white noise.*

**Go and do. MAR 16:15** And he said unto them, Go ye into all the world, and preach the gospel to every creature.

*The second layer of white noise.*

**Seek first. MAT 6:31** Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed? **32** (For after all these things do the Gentiles seek:) for your heavenly Father knoweth that ye have need of all these things. **33** But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.

*The third layer of white noise.*

**Above all things. 1PET 4:8** And above all things have fervent charity among yourselves: for charity shall cover the multitude of sins. **9** Use hospitality one to another without grudging. **10** As every man hath received the gift, even so minister the same one to another, as good stewards of the manifold grace of God.

*God knows how to deal with the 'noise' of life... follow his advice.*