

Fade the Noise

**satan loves to use the noise
and static of our lives to
keep us from clarity with God**

Now as they were traveling along, He entered a village; and a woman named Martha welcomed Him into her home. She had a sister called Mary, who was seated at the Lord's feet, listening to His word. But Martha was distracted with all her preparations;

and she came up to Him and said, “Lord, do you not care that my sister has left me to do all the serving alone? Then tell her to help me.” But the Lord answered and said to her, “Martha, Martha, you are worried and bothered about so many things; but only one thing is necessary, for Mary has chosen the good part, which shall not be taken away from her.”

Luke 10:38-42

**Being Still
is a discipline**

**You keep him in perfect peace
whose mind is stayed on you,
because he trusts in you.**

Isaiah 26:3

Christian Meditation is NOT:

Emptying your mind.

Repeating a mantra.

Reliant on candles, music or outfits.

Christian Meditation is:
Filling your mind with God's word
Focusing on the God's truth
Fixing your mind on what God is asking of you

**Being Still before God
is an act of bold faith.**

But when you ask, you must believe and not doubt, because the one who doubts is like a wave of the sea, blown and tossed by the wind. That person should not expect to receive anything from the Lord. Such a person is double-minded and unstable in all they do.

James 1:7-8

Being still is us placing our doubts, problems and difficulties at the feet of Jesus and accepting His dominion over them.

Where do we start?

- “Finally, brothers and sisters, whatever is true... whatever is pure, whatever is lovely... if anything is excellent or praiseworthy- think about such things.” Philippians 4:8
- “Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think.” Romans 12:2
- “We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.” 2 Corinthians 10:5
- “So I run with purpose in every step. I am not just shadowboxing. I discipline my body like an athlete, training it to do what it should.” 1 Corinthians 9:26-27

Fade the Noise
Focus your Faith