

Part 1 – “Noise Pollution”

January 7, 2018

- Beneath every destructive behavior is an unhealthy [emotion](#).

Psalm 29:3-11

The voice of the LORD is over the waters... The voice of the LORD is powerful; the voice of the LORD is majestic. The voice of the LORD breaks the cedars; the LORD breaks in pieces the cedars of Lebanon... The voice of the LORD strikes with flashes of lightning. The voice of the LORD shakes the desert; the LORD shakes the Desert of Kadesh. The voice of the LORD twists the oaks and strips the forests bare. And in his temple all cry, “Glory!” The LORD sits enthroned over the flood; the LORD is enthroned as King forever. The LORD gives strength to his people; the LORD blesses his people with peace.

- White noise prevents us from [resolving](#) our unwanted emotions.

Psalm 42:11-3

As the deer pants for streams of water, so my soul pants for you, my God. My soul thirsts for God, for the living God. When can I go and meet with God? My tears have been my food day and night, while people say to me all day long, “Where is your God?”

Psalm 42:11

Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.

How do deal with unwanted emotions:

- [Listen](#) to your heart.
- [Talk](#) to your heart.

Homework:

- Identify your single most [unwanted](#) emotion.
- Identify the white noise you use to [mask](#) it.

Groups

1. Do you ever use white noise to fall asleep or block out unwanted noise?
2. Jason mentioned a number of things we can use to mask unwanted emotions. Which do you see most frequently? Which do you use most frequently?
3. Think back to an unhealthy behavior from your past. Was there an unhealthy emotion beneath it?
4. Why do people avoid dealing with unwanted emotions?
5. Read Psalm 42. Explain why the Psalm writer will eventually get out of his funk. Extra credit: do verses 8 and 9 remind you of anyone?
6. How are you feeling about the rest of this series?

