

Senseless: Sept. 8

//DISCUSS

- Q1 – What are some of your favorite sounds to hear and what are the most annoying sounds to you?
- Q2 – Have you ever been having a good day, but then heard something that threw you into a tailspin?
- Q3 – When was the last time you were in complete silence? What did that feel like?
- Q4 – There are different types of noise, which one seems the loudest in your life?
1. ENVIRONMENTAL NOISE – The chaos & concerns of culture
 2. SOCIAL NOISE – Voices & relationships you listen to & allow to influence you.
 3. INTERNAL NOISE – Unchecked biases & negative self-talk skewing everything you experience.
- Q5 – Maybe it's time to take inventory of everything you listen to & what it's doing to you. Ask people who know you well what sounds set you off & which ones put you on the right track. What do you think they would say?
- Q6 – What would your life be like if you eliminated the noise that's marginalized God's voice & fixated on whatever's magnifying it?

//READ

- **1 Kings 19:2-10**
- Romans 12:15
- Hebrews 2:1

//PRAY

Lord, we pray that you would help us to intentionally quiet the noise in our life so we can better hear you.