



Sermon Notes

Season of Healing
September 18, 2022

Noise Reduction.

The problem is not volume. The problem is discernibility.

Proverbs 16:21

²¹ *The wise in heart are called discerning...*

Discern: *perceive or recognize*

Did you know God wants to speak to you? Did you know God wants you to hear Him?

John 10:27

²⁷ *My sheep listen to my voice; I know them, and they follow me.*

Much of the noise that distorts God's voice is in our minds.

Narrative Domain of our Minds: it is the story we tell ourselves about ourselves.

"We take input from our awareness, or conscious domain, our memory domains, and we begin to tell our stories, with most of the content being nonverbal and nonconscious in nature. This narrative is highly influenced by our most intimate attachment relationships. Thus "who I am" is always going to be understood in terms of my relationships, past or present, that currently are influencing my mind's activity. Thus even people who are deceased can continue to have sway over my life, depending on how I continue to process my ongoing experiences with my memory of them. This is why I can continue to have feelings of shame when I have memories of events involving a parent who is no longer living."

We are often taunted in the narrative domain of our minds.

1 John 3:19-20

¹⁹ *This is how we know that we belong to the truth and how we set our hearts at rest in his presence: ²⁰ If our hearts condemn us, we know that God is greater than our hearts, and he knows everything.*



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The greatest bully you will ever face is the one lurking in your own mind.

- 1. I belong to the Truth.***
- 2. God is greater than the accusing noise.***
- 3. I will find healing when I learn how to listen to God and speak the truth louder than the lies!***

The healing begins when the truth in our heart speaks louder than the voice in our heads.

Mark 10:46-52

⁴⁶ Then they came to Jericho. As Jesus and his disciples, together with a large crowd, were leaving the city, a blind man, Bartimaeus (which means “son of Timaeus”), was sitting by the roadside begging. ⁴⁷ When he heard that it was Jesus of Nazareth, he began to shout, “Jesus, Son of David, have mercy on me!”

⁴⁸ Many rebuked him and told him to be quiet, but he shouted all the more, “Son of David, have mercy on me!”

⁴⁹ Jesus stopped and said, “Call him.”

So they called to the blind man, “Cheer up! On your feet! He’s calling you.” ⁵⁰ Throwing his cloak aside, he jumped to his feet and came to Jesus.

⁵¹ “What do you want me to do for you?” Jesus asked him.

The blind man said, “Rabbi, I want to see.”

⁵² “Go,” said Jesus, “your faith has healed you.” Immediately he received his sight and followed Jesus along the road.

Bartimaeus saw his desperate need.

Healing can’t come without admitting you have a problem.

Denial prolongs the pain.

Denial would have kept Bartimaeus blind.

Bartimaeus recognized Jesus and His authority.



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Mark 4:37-41

³⁷ A furious squall came up, and the waves broke over the boat, so that it was nearly swamped. ³⁸ Jesus was in the stern, sleeping on a cushion. The disciples woke him and said to him, "Teacher, don't you care if we drown?"

³⁹ He got up, rebuked the wind and said to the waves, "Quiet! Be still!" Then the wind died down and it was completely calm.

⁴⁰ He said to his disciples, "Why are you so afraid? Do you still have no faith?"

⁴¹ They were terrified and asked each other, "Who is this? Even the wind and the waves obey him!"

Bartimaeus followed Jesus.

Bartimaeus fought against the noise and shouted all the more!

Jesus heard Bartimaeus through the noise.

Are you really ready? Are you ready to shout all the more?

HEALING MANIFESTO

Lord, I commit to the following:

I will be real with You. That means admitting I'm not OK at times.

I will resist the urge to self-manage.

I will cooperate with Your work through obedience.

I will stop speaking negativity.

I will submit to Your process of removing the indelible stain of my sin and brokenness.

Notes
