



# How's Your Soul?



**Strength: Physical**

**Mind: Mental**

**Heart: Emotional**

**Soul: Spiritual**



# Too Noisy

Noise above 65 decibels as noise pollution.

Noise becomes harmful when it exceeds 75 decibels

Noise painful above 120 decibels.



# Noisy Effects

**Physical:** Respiratory agitation, racing pulse, high blood pressure, headaches and, in case of extremely loud, constant noise, gastritis, colitis and even heart attacks.

**Mental:** Memory and concentration Noise may affect people's ability to focus, which can lead to low performance over time. It is also bad for the memory, making it hard to study.

**Emotional:** Noise can cause attacks of stress, fatigue, depression, anxiety and hysteria in both humans and animals



# What About Your Soul?

The Lord said, “Go out and stand on the mountain in the presence of the Lord, for the Lord is about to pass by.” Then a great and powerful wind tore the mountains apart and shattered the rocks before the Lord, but the Lord was not in the wind. After the wind there was an earthquake, but the Lord was not in the earthquake. After the earthquake came a fire, but the Lord was not in the fire. And after the fire came a gentle whisper.

1 Kings 19:11-12



# Quiet Space

How does one develop  
a quiet space?



# The Quiet Space

My heart is not proud, Lord, my eyes are not haughty; I do not concern myself with great matters or things too wonderful for me. But I have calmed and quieted myself, I am like a weaned child with its mother; like a weaned child I am content. Israel, put your hope in the Lord both now and forevermore.

Psalm 131:1-3





# David's Noisy Life

Fighting Giants

Running from Enemies

Politics

He even Worshiped Loud

If David could find quiet in his loud life,  
so can we

If David was able to find time for quiet his  
loud life then so can we



**Stop teaching them to be “Good” Sheep!  
Show them how to be “Great” Shepherds!**

**Shepherding**



# **A Conscious Decision**

*But I have calmed and quieted myself*

**David had to decide and make a commitment to quiet**

**Most of the time we can't find quiet because we really don't want quiet**

**Quiet is uncomfortable**

**To be quiet I must be alone**

**To be quiet means I must stop**

**When I am quiet I may actually hear God**



**If you do not commit  
to quiet you will never have it.**

**Commitment**



Silence

≠

quiet



# SOUL of the Matter

*Love the Lord your God with all your  
heart and with all your soul and with  
all your mind and with all your strength.*

*Mark 12:30*



# Physical

*My eyes are not haughty*

**Defined: arrogantly superior and disdainful**

**Its the opposite of humble**

**David knew to get into a quiet space we need to see who we really are verses who God really is**

**I must be willing to physically get into a space where I can only see God**



# Mental

*I do not concern myself with great matters or things too wonderful for me*

**We come to God for quiet and no sooner than we get there we start asking questions**

**Stop asking questions there will be time for that another day**

**You can't be quiet and figure out the universe at the same time**

**The only thing you need to know is quiet**





# Emotional

*My heart is not proud*

**Don't enter with a proud demanding heart**

**God loves to hear my petitions, but this is not the time for my want list**

**Just like you are not here to have God explain life you are also not here to tell God how to fix life**



# Spiritual

*I am like a weaned child with its mother; like a weaned child I am content*

**What you really are is at rest**

**Content -- in a state of peaceful**

**Its very person to person**

**They are being touched and held**

**They can feel their mother's warmth**

**Their mother can feel them**



# Intimate

*Put your hope in the Lord both now and forevermore*

**As the mother pulls the baby close the child latches on**

**The screams of hunger turn to a rapid suckling  
of nourishment**

**As the stomach fills the baby slows**

**They may stop drinking and just nuzzle into  
mom**

**Most of the time they dose right off to sleep**



Safe & Loved





**Be Still  
and Know God**