

W H I T E N O I S E

PART 1: Sound Masking

INTRODUCTION

Life is full of noise. It's everywhere, all the time. Sometimes we just want to escape, to control the noise by drowning it out with other distractions. But too often, the noise you control is masking the noise that is controlling you. If you're willing to turn down the white noise, you might be surprised what you'll hear.

DISCUSSION QUESTIONS

1. Talk about a time when you were truly happy. What circumstances or relationships were the source of that happiness?
2. What are some of the sources of white noise in your life—food, work, the gym, Netflix, your smart phone, online gaming, Amazon Prime? What do you enjoy about those things?
3. What are some of the things it costs people when they never turn down the white noise in their lives?
4. Read Matthew 5:8. Is it difficult for you to believe we can “see God”? Why or why not?
5. Read Matthew 6:6. What might it look like for you to turn down your white noise and connect with your heavenly Father? Is it difficult for you to believe he “will reward you”? Why or why not?
6. Are you currently masking unwanted emotions like fear, boredom, anxiety, inadequacy, or pain with white noise? What is one thing you can do this week to turn down the white noise and begin to deal with those emotions? How can this group support you?

MOVING FORWARD

We all have emotional noise in our lives. Deal with yours before it wreaks havoc in your life. Identify the white noise. Find out what's behind it. Ask yourself, *“How would God want me to deal directly with this emotion?”*

This week, what can you do to identify your white noise, experiment with it, and be intentional to listen to what it's masking?

CHANGING YOUR MIND

But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you.

Matthew 6:6