

How to Quiet a Noisy Soul (Matthew 11:28-30)

I. The Premise of a Noisy Soul

- A. A noisy soul is a mind that is bombarded with thoughts of:
1. [Guilt](#)- the awareness in your soul that you have done something wrong, being down-casted in mind
 2. [Fear of judgment](#) –an impending sense of doom, anticipating something bad is going to happen, a sense of anxiety as a result of the loud noise of guilt in your soul.
 3. [Running away](#) – thinking about ways to escape the pain you are feeling in your heart as a result of the loud noise of the fear of judgment in your soul.
- B. A noisy soul is caused by trying to [control](#) the good and bad that God controls in your life, instead of enjoying and enduring what God ordains in your life.
- C. A noisy soul is caused by [reducing](#) life to what you want, what you think you need, and living by what you think is right and wrong, resulting in living a life of self-centeredness and self righteousness.
- D. In essence, a noisy soul is caused by trying to live a life without [God](#) resulting in preoccupation with your own cares, riches worries, and standards leading to being weary (tired from hard toil) and heavy laden (loaded down) thus a noisy soul.

Summary: *A noisy soul is a soul that is down-casted, doubtful, devastated, divided, and devoid of peace as a result of seeking to live life without depending on and submitting to [God](#).*

II. The Prescription for a Noisy Soul v28-v29

- A. God's calls us to [come to Him](#)– establish a relationship with Jesus Christ; all who are *weary* (tired from the hard toil) *and heavy laden* (loaded down from the noise of our soul, the sin that so easily entangles us). *This is a call to [salvation](#).*
- B. God calls us to [take His yoke](#) – submit to Jesus Christ discipleship; *This is a call to [sanctification](#).*
- C. God calls us to learn [gentleness](#) from Him- a willing submission from the heart to the rule of God over your life without grumbling or resisting; a willing submission to the agenda of God.
- D. God calls us to learn [humility](#) from Him – a willing disposition from the heart and willing practice to esteem others above yourself; a willingness to proclaim the name of Jesus Christ above making a name for yourself.

Summary: *We must come to Jesus Christ to receive [salvation](#). We must walk with Jesus Christ in [sanctification](#). “We must learn the Lord’s Nature and out of love seek to relate to Him accordingly; Letting the Mind of the Master be the Master of our Minds” (Quote from Jim Berg).*

III. The Promise for the Noisy Soul v29-v30

- A. We will be [given rest](#) for our souls if we come to Him- to be refreshed; to be revived in soul from spiritual death to spiritual life through salvation in Jesus Christ; This rest can be defined as [peace with God](#)- legally declared right with God; ***this rest is given through Salvation (Romans 5:1).***

- B. We will [find rest](#) for our souls if we follow Him – relief from anxiety and trouble, relief from the pain of guilt as a result of walking in progressive sanctification in Jesus Christ; This rest can be defined as the [peace of God](#)- tranquility of soul as a result of following Jesus Christ; ***this rest is gained through Sanctification (Philippians 4:6-9).***

- C. His yoke will be [easy](#) – His agenda of discipleship is well fitted and suited for you; adapted to fit you; as you submit to His agenda, God’s purpose is fulfilled in you and through you resulting in pleasantness for you and Glory to Him.

- D. His burden will be [light](#) – the load God has for you carry in terms of the demands of discipleship will not be more than what you can handle; It will be bearable and not burdensome. You will be able to carry the load without it weighing you down.

Summary: *Through salvation you will be given rest- [peace with God](#). Through sanctification you will find rest- [the peace of God](#). The lifestyle and responsibility God gives, teaches, and commands you to walk in will not be burdensome or more than what you can handle. It has been tailor made to fit you. It is well fitted for you.*