



I. REVIEW/INTO

A. Overflow

Romans 15:13 (NLT) I pray that God, the source of hope, will fill you completely with joy and peace because you trust in Him. Then you will overflow with confident hope through the power of the Holy Spirit.

- We are living proof that our natural reserves aren't enough.

B. The nature of "Crazy"

- It's relative — your *context* defines what's crazy to you.
 - **We're talking about the *conditions* that make life feel overwhelming.**

Daniel 7:25a (ESV) "He shall speak words against the Most High, and shall wear out the saints of the Most High..."

C. Don't let the crazy get IN you

- **The shield of faith and breastplate of righteousness is designed to protect the place that faith is born.**

Proverbs 4:23 (NLT) Guard your heart above all else, for it determines the course of your life."

II. CRAZY LOUD

A. Modern Noise

- The problem isn't decibels — it's the demands.
- The problem is that our brain hasn't kept pace with technology.

B. The Cost of Constant Noise

- You become **irritable** — small things feel huge.
- You become **distracted** — you start reacting instead of responding.
- You become **spiritually numb** — you lose sensitivity to the Holy Spirit.

III. PEACE DOESN'T COME FROM SILENCE IT COMES FROM FOCUS

A. Peace is a spiritual force

Philippians 4:6-7 (NKJV) Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

- Peace doesn't wait for understanding — it *precedes* it.



Philippians 4:8 (NKJV) Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if *there is* any virtue and if *there is* anything praiseworthy—meditate on these things.

B. Shut the door

- Jesus intentionally withdrew to connect with the source.

Matthew 6:6 (NLT) But when you pray, go away by yourself, shut the door behind you, and pray to your Father in private. Then your Father, who sees everything, will reward you.

- There is a contrast between external chaos and internal closeness.

C. Tune in to the whisper

- The volume of your peace will always match the proximity of your relationship.

1 Kings 19:11-12 (NLT) “Go out and stand before me on the mountain,” the Lord told him. And as Elijah stood there, the Lord passed by, and a mighty windstorm hit the mountain. It was such a terrible blast that the rocks were torn loose, but the Lord was not in the wind. After the wind there was an earthquake, but the Lord was not in the earthquake. And after the earthquake there was a fire, but the Lord was not in the fire. And after the fire there was the sound of a gentle whisper.

- When you spend time with Him, your heart learns the tone of His whisper.
- Jesus and Elijah modeled intentional withdrawal into the presence of God.

IV. VICTORY IN THE NOISE

A. The quiet That conquers

Romans 8:35-39 (NIV) Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword? As it is written: “For your sake we face death all day long; we are considered as sheep to be slaughtered.” No, in all these things we are more than conquerors through him who loved us. For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

B. The Quiet That Conquers

- Peace isn't the absence of sound — it's the presence of The Lord.
- This is when the whisper wins!

C. Living More Than a Conqueror in the Noise

- First 15
- Silence before scrolling
- Pray before replying
- Turn chaos into cues
- Noise Audit
- End your day with gratitude
- Digital Fast