

## **Weekly Study of Sunday's Message.**

**June 2, 2024. "Soundtracks: The Surprising Solution to Overthinking. Understanding soundtracks and identifying negative ones."**

### **I Intro.**

We're into our summer series. It's more teaching and relaxed. So, welcome to our companion devotional to Sunday's message. It's just a part of all we have to offer to you. Whether you were able to participate in this service or not, this devotion is free-standing. You can use it to help you dig deeper into your own spiritual walk. We hope you find this tool helpful on your spiritual journey. We don't want you to miss out on anything. So, make sure you stay connected to keep informed. We hope you are fed and ministered to by NCC. We consider you part of our community. We have many ways you can plug into life at NCC. You can find all those through our website, app, and social media sites. Our app is the best way to livestream our services, but you can also livestream on FaceBook and YouTube. You can revisit past services, sign up for events and even give. We're encouraged by your presence when you gather with us. New and familiar faces join us every Sunday. If you join us online, we appreciate your presence. We are 100% committed to our virtual attenders. We are your church family, and if there is anything you need, prayer, or anything else, please let us know.

### **II Sunday.**

Here we go. A new series...for the summer. This one will be more relaxed, conversational, and based on a book. The name of the book is in the title of this series. It's written by Jon Acuff. A best selling author, corporate speaker and consultant, and a strong Christian who regularly preaches in his church in Nashville. This book, "*Soundtracks*" addresses a problem we all deal with...continually. And that's the constant hum of things we were told, beliefs we were handed, that play in the background and limit us and what God can do through us. Even though this is a business type book, there are some profound spiritual truths about the dangers holding onto old beliefs and practices. This series will be about recognizing we all have these constantly playing soundtracks from our past. And they have an oversized influence and impact in our current life. If we can identify these 'soundtracks', replace them, and learn how to maintain the momentum, we can live a radically impactful life. As always, let's start with some general questions.

**What are some things you were told when you were younger you have started to question?**

**What helped you start to question them?**

**What do you need to help you question old soundtracks?**

Our scripture was **2 Corinthians 10:1-5**. What makes this passage powerful is its ability to call us to be bold in identifying and addressing soundtracks, "strongholds" that may be limiting our spiritual growth. Read this passage and we'll talk about some specifics you can do to help this work of understanding soundtracks and identifying negative ones.

**What jumped out to you from this passage?**

**How did it speak to you about soundtracks, "strongholds" you may have to demolish?**

**What do you believe would be some tests to help you determine whether a soundtrack was helpful or unhelpful?**

We presented a 5 step process we can use as a filter to help us determine whether a soundtrack was helpful, healthy, or not. You can use these to test your soundtracks.

## **Ask these five questions. (T.H.I.N.K.)**

These are a series of familiar filters that should help identify old, unhealthy soundtracks so you can remove them. Remember we are guided by the Spirit to help us answer these questions. And we need a community of good friends in our life to help us do this work.

**1. Is what I believe true?** This may require some legwork to push you to question things you just automatically believe are true. Don't assume any beliefs you have about truth are...true. Test them. The good thing is; if those things are true...you can trust them because they've been tested. If you find after you hold it up to the light that something is not true, or has been corrupted or distorted, then you can do the work of correcting it.

**2. Is it helpful?** This is determining what purpose the soundtrack is serving. It may be true. But is it helping me? Do I benefit from it? Can I see if this soundtrack may be actually harming me? This is where overthinking can come in. The thing I know, have tested is actually true, but the way I'm using it is not helping me. If it isn't serving a good purpose, then I need to stop listening to that soundtrack. I need to demolish it and take it captive, because it serves no real purpose. It's just excess baggage weighing me down.

**3. Is it inspiring?** This is somewhat related to 'helpful'. Does my soundtrack encourage me to be better? This is an application question. This thought I'm having. These beliefs I'm holding onto. This soundtrack that's playing continually. Is it moving me to be a better me? Is it accentuating a strength or reminding you of a weakness? Is it holding me back or pulling me forward? The things we allow to continually play in our head need to be motivating us to better.

**4. Is it necessary?** Does my soundtrack serve any purpose in my daily life? And this is a; 'for this time' question also. Timing is so important. There are some things that are true. They are things we do need to hold onto. But they're not really necessary in our lives at this moment. At this point, place, season, in my life, do I need to hear this?

**5. Is it kind?** Things can be true, helpful, but still do harm. We may be holding onto old things. That means we have to be thoughtful about the soundtracks we give power to. There are things we just accept about ourselves. Weakness, shortcomings, things from our past, things about us that are just who we are. This is taking those soundtracks captive, and not letting them define who we are. We may have done these things. But we are not defined by them.

## **III Challenge.**

This is an old acrostic that's been used in how we speak to or about others. But it works just as well when we have conversations with ourselves. In order to identify and remove (demolish and take captive) old unhelpful soundtracks, we have to ask ourselves tough questions. Am I cultivating fertile soil for my own growth that I would want to cultivate for people close to me? This is the first step in beginning to address old soundtracks that we've given too much power and authority to. And we have the Spirit to help us identify the negative ones, and to demolish them and take them captive. The first step.

**So, how would that look in your life today, to begin this process of eliminating old soundtracks?**