

Weekly Study of Sunday's Message.

June 16, 2024. "Soundtracks: The Surprising Solution to Overthinking. Taking Action. Putting New Soundtracks to Use."

I Intro.

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 Recap.

We're in our third Sunday of our series "**Soundtracks**" by Jon Acuff. Jon is a Christian writer, speaker, and explores the power of being transformed by changing negative repeating stories into positive, life-giving thinking. This follows the scriptural truth that we have power and agency over the things we think. We're learning to take some truths from this book and digging in scripture answering the call to be transformed by the renewal of our mind. Changing our mindset is both a practical and spiritual way in finding the peace and contentment we're looking for. The first week we defined what soundtracks are and how to uncover them. Last week we talked about how to turn down the volume on the old ones and cultivating new ones. Today we take action. Putting new soundtracks to use.

III Sunday.

Today we talk about one of the most difficult things we ever have to do, change. We're all familiar with the cliché phrase. "*The only constant in life is change*". We're okay with change, until we have to change ourselves. We tend to want things around us to change...to be better. But without asking us to do anything different. We know that's not how the world works. So let's talk about change.

Why is change so difficult? What is it in us that doesn't want to have to change?

Is there anything that makes change easier for you? What is it?

This Sunday we talked about taking action. We believe that overcoming old 'soundtracks', turning down their influence, taking them captive, only happens when we adjust our lifestyle, do specific things to make those old, limiting, 'soundtracks' obsolete. Last week we talked about changing the way we think. "*Renewal of our mind*" opens the gateway for the Holy Spirit to begin to transform us. Today we talk about understanding our purpose so as to give us a specific direction that will guide us. It's in this purpose our work of lessening the impact of old 'soundtracks' begins to pull us towards fulfilling this larger more meaningful purpose. Scripture is **Philippians 4:12-16, 17-18** and **4:21-24**. Read these passages and we'll talk about what those specific things we can put into action are.

What jumped out to you about taking action? (I'll confess this will be a tough question)

Did you see specific things you could do to help do the work of changing old soundtracks?

B. How to take action to turn down and demolish old 'soundtracks' sticks.

1. Commit to a bigger worthy goal. In order for new 'soundtracks' to replace old 'soundtracks', and to make these new 'soundtracks' stick, you have to put these new 'soundtracks' to work. And that work must be towards something meaningful. Things that are meant for work have to be put to work. People who get working dogs and don't put them to work, then wonder why they chew on everything and misbehave. If you don't want to work, get a cat. There's no such thing as a working cat. We were designed for good works. So, what is this work? Paul is saying a commitment to something important, bigger than us, is necessary for people to live wisely. There is a commitment to building up the body of Christ that reinforces and supports the choices we make to live differently. *"This is important ... there are important things on the line"*. This is the starting point. The truth you have to accept to want to change. And to make those changes stick. Once you accept this commitment to a bigger goal, THEN you'll want to change and get rid of old, harmful, limiting 'soundtracks'

2. Understand and accept what happens when you don't change. We need to paint a picture of what happens when we continue to let old 'soundtracks' have control of our life. We all know people who seem to be *"filled with darkness, confusion, closed minds, hardened hearts"*. But this isn't about 'those' people. We have to see ourselves in this struggle. Scripture points to wholeness, salvation, but gives the warning of what happens when we don't choose better. All of Paul's letters were to churches, people who were genuinely committed, actively working to live as Jesus called them to live. Paul was speaking to each of us. If we're honest, we ALL stumble around in the darkness. Because we forget truth, we lose our way, and we can become closed off and hardened. We practice LOVE, MERCY, KINDNESS, AND GRACE to help ourselves, and each other, walk back into the light.

3. Getting rid of old 'soundtracks' means there is a renewal that must take place. This renewal is adopting a new set of values and principles that guide our actions and choices. Paul was writing to groups of people who were having to undo old 'soundtracks' that he had given them originally. *"I know I told you these things were true. It seems they're not. So, I'm telling you that you have to replace those old ways of thinking, those old 'soundtracks' with these new ones."*

This speaks to the establishment of healthy, life-giving habits that will change as we mature. There is this thing that's supposed to happen when we do change the way we think when we renew our minds. There is a new nature that others experience when they experience us. This isn't about doing the 'do's' and not doing the 'don'ts'. Remember, Paul said even he couldn't do that. This is committing to a bigger, more worthy goal. This is submitting to this work of transformation, by committing to important work.

IV Challenge.

So, this is it. Changing our mind is important. It's the first step in being able to conquer, demolish and take captive old, harmful 'soundtracks'. But there must be action that makes them stick. Jesus said: *"Where your treasure is...your heart will be also."* Not the other way around. That means you have to actually do tangible real life things when you begin to create new 'soundtracks'. You will always struggle to change your heart, hoping then your behavior will follow. You have to put specific actions, changes of behavior, into your life, and then you will begin to diminish the power and control of old, harmful looping 'soundtracks'. This is a commitment to being a part of the work of building up the body of Christ, and always remembering what happens when you don't. There is this great work we are to be about that is born out of changing old soundtracks for new ones.

What larger, more inspiring goal could serve as your motivation to create new soundtracks?