

How many of you mute commercials when you are watching entertainment? (it just noise so we mute it)

How many of you wished your kids or your spouse had a mute button?

How many of you would like to learn how to mute your mind.....

Let's talk about: **Mute it or Magnify it**

Look at Luke 4:4: NKJV "But Jesus answered him, saying, It is written "Man shall not live by bread alone, but by every word of God."

In Luke 4:13 NKJV "Now when the devil had ended every temptation, he departed from Him until an opportune time."

The good news is... Jesus was able to mute the noise of the enemy for a season....but not permanently.... it persisted throughout his ministry.

This is very important for you to know.....you can mute the enemy for a season and you can mute your mind for a day or two...

But after 50 years of being filled with the Spirit and living for God...the noise of the enemy and the noise in my mind has not stopped permanently.

This message is designed to equip you on how to mute the noise.

It's noise and it sounds like this: *"You will never amount to anything. You are too broken for God to use. It's a self-sabotaging noise... it is a burst of guilt that rings in our head... it is past trauma, major rejection, a drive for perfection, judgmentalism, it is criticism, it is where we question our value.....your family is going to fall apart.*

You're going to die from this. You don't have what it takes. You're not going to make it. You're never coming out of this. You're not smart enough..... It's guilt trips....it is bad thoughts, it is entitlement....life should be easy and fair... I got to get what I need to be happy....We are talking about the lies we tell ourselves..... it's noise in our mind..... It is noise that.....

Confuses you,

Discourages you

Frighten you

Worry you

Oppress you

Condemn you.

It's noise that produces anxiety, stress, and guilt. This is very important for you to know. Neither the enemy nor your mind have a voice of authority; it is only a frequency of deception.

This noise from the enemy and your mind is designed to distract you from the abundant life and the promises of God.

Here is what is learned from years of study and research.....9 times out of 10 when we feel anxiety or fear it is from the enemy or noise in our mind.

1. Identify it.. (maybe someone said something unkind to you) Define it so you can Define it.....then challenge the noise with truth.

Studies show us again and again that 85% of what we worry about never happens and from the remaining 15% only 3% ever happens. Which means 97% of what we are listening to is noise Mute it... Ignore it

If you listen to the lies, the lies can stop your destiny.

Let's back that statement up...In Numbers chapter 13....The promised land was the land that was promised to the people of Israel...but 10 leaders brought back a lie to the people.....the people chose to believe the lie...and one lie stopped the destiny of a million plus people. Read the book of Numbers chapter 13 when you get home...

It is why we should mute every lie and magnify the truth.

Go back now in your mind to Luke 4...When the enemy spoke his lies to Jesus in the wilderness, Jesus did not sit there and debate with him.

He didn't reason with the noise. Instead, Jesus simply declared *"It is written!"* *Why did Jesus declare God's word? Because God's word...*

Stills you,

Leads you

Comforts you

Convicts you

Reassures you

Enlightens you

Encourages you

Calms you

To overcome in life.... Mute Your Mind.....and Magnifying God's Word

A magnifying glass doesn't change the size of the object, it just makes it appear bigger.

When you Magnify God's Word you zoom in on His Healing, His provision, and His deliverance.

Here is how to Mute the noise..

1. **Speak the Word:** Find a promise, and declare it aloud. **Your mouth is a launching pad, use it to mute the enemy** and mute our mind. Next:

Praise silences the enemy. Remember our words are a sword in the spirit realm. Every time we are speaking scripture we are swinging the sword of the Spirit....

To mute the noise...**Stand in your Position:** If you have been born again you are a Son/Daughter in Christ. In other words...Don't let your situation change your revelation.

...You may live in good conditions....and only have ten bucks to your name...your situation may not be great....but if you are born again.....your position is secure in Christ. Let your revelation of being born again transform your situation.

How can I do that?.....Start changing how you think.....**Most of us live with sin consciousness, we don't live declaring our right standing with God.**

We don't feel like we are righteous...we don't have to feel it...just look at the Cross.

Confess that we are righteous. Spiritual armor is not for winning the battle....Spiritual armor is for standing firm in the victory. (Please put up a picture of a man in the whole armor of God here)

Speak God's Word, not your feelings. Your life will not change unless you change your way of thinking. Armor doesn't work if it is not worn.

We mute our mind when we learn how to control our emotions, if we don't learn how to control our emotions... our emotions will control us...

We talk about how we feel practically more than anything else.... ...and it is interesting to note..we talk a lot more about our negative feelings than we do our positive ones.

Consider this fact: **If you have a defective kidney, liver, or heart, you can have a transplant and still retain your sense of self. But if you were to get a new brain, you would acquire a new personality.**

With a new brain, you would acquire a new mind.

In short, if medical science could solve the incredibly complex problems involved in a brain transplant, you would become somebody else in the same skin.

Why..... because when it all comes down to it, the brain presides over who you are.

That means.....**YOU ARE WHAT YOU THINK...**

YOUR thoughts determine your feelings.

Your thoughts determine your mood.

Learn to Mute guilt....guilt tells us to hide. Instead magnify Grace...Grace it tells us to go boldly before the throne.

Mute worry..... **Worry is a misuse of your imagination....** Instead magnify Gratitude....start remembering all that God has done....

Learning to mute the noise is one of the greatest gifts to give to yourself.

When you are in front of a fire...the fire doesn't say be educated, be smart, be beautiful, be popular and I will warm you..... No...if you get close...it will warm you.

God's love doesn't demand anything of you... God says come to me.... I'll forgive you.... I will take your sin. I will take your shame. I will take your poverty...I love You. **Nobody will ever earn the love of God. God is love. Period. He starts with Love.**

Please Stand and Declare this with me:

To Silence Anxiety and Fear

- **"I cast all my anxieties on God because He cares for me. My mind is a place of peace, guarded by the truth of His Word."**
- **"I am not given a spirit of fear, but of power, love, and a sound mind. I choose faith over worry."**
- **"God's grace is sufficient for me. His power is made perfect in my weakness, and I rest in His control."**

To Magnify God's Power and Authority

- **"The Spirit who lives in me is greater than any challenge I face today. I am equipped, strengthened, and victorious."**
- **"God goes before me and makes the crooked places straight. No weapon formed against me will prosper."**
- **"I surrender my limitations to God's limitless power. He is able to do exceedingly abundantly above all that I ask or think."**

To Ground Yourself in Grace

- **"I am forgiven, redeemed, and deeply loved by God. His grace defines my worth, not my mistakes."**
- **"I walk in the freedom of God's grace. I do not have to earn His love, and I release the pressure to be perfect."**
- **"Every morning His mercies are new. Today, I walk in the steadfast love and unmerited favor of the Lord ."**

Mute the lies, Magnify God's Word

Mute the noise... Stand in the Armor

Mute the noise.. Open Your Mouth