

**A violent battle is raging around us twenty-four hours per day...** There is a battle for our mind...a war has been declared on the way we think, process information, store memories and plan our lives. This battle is fierce, it is intense, unrelenting, and because Satan is involved... it can be confusing.

The enemy uses what I call “mind noise” as a weapon...There is so much negative noise in our lives...discord, racket, clamor...unwanted sounds that seize our attention and leave our minds vulnerable to a way of thinking harmful to us.

Studies have shown that human beings have what is called a **negativity bias**... a study that stated that our mind is **5 times more likely** to remember negative experiences (e.g. unpleasant thoughts, emotions, or social interactions; harmful/traumatic events) over positive ones...even if they are of similar intensity emotionally.

**Simply put...we tend to hold on to harmful thoughts over helpful ones.**

Do you see how that can overwhelm the way you think, the way you plan or dream? Can you see how holding onto a negative bias, a harmful conclusion that distorts the Master's voice...is the enemy's plan...not our Savior's?

When we allow this painful mindset to dominate our thoughts it affects our faith, our hope, our joy and our relationship with God. The noise of this life can close our ears to experiencing real life...real freedom.

**Thankfully there is a way to remap our mind...let's pray**

**I believe worship remaps our brain, that praise changes our negative bias and helps us hold onto thoughts that bring freedom...Please turn to Psalm 100**

*A Psalm for giving thanks. Make a joyful noise to the LORD, all the earth!*

*(2) Serve the LORD with gladness! Come into his presence with singing!*

*(3) Know that the LORD, he is God! It is he who made us, and we are his; we are his people, and the sheep of his pasture.*

*(4) Enter his gates with thanksgiving, and his courts with praise! Give thanks to him; bless his name!*

*(5) For the LORD is good; his steadfast love endures forever, and his faithfulness to all generations.*

**Make, serve, come, know, enter, give, bless...this is a very busy Psalm...**full of action and invitation to engage in a worship lifestyle...one that requires a positive mindset.

**Make a joyful noise to the Lord...**the opening verse encourages us to let go and be loud...cause an UPROAR, a joyful song directed up towards God!

**The phrase means to mar by breaking...to split the ears!** This is not tame worship; this is a battle cry of joy. Breaking the words of the enemy, his negative bias, his lies...we split his ears with worship! How many what to split the ears of our enemy with a shout of joy...to mar his plans and break his negative bias in our lives?

**Psalm 71:23**

*"My lips will shout for joy when I sing praises to You; And my soul, which You have redeemed"*

Engaging in worship elevates my faith, my hope and my joy.

**(These are proclamations)**

**Say it with me...Worship elevates my joy**

Other studies about the human brain have found that when you mentally linger on an experience and intentionally express gratitude for that event your enjoyment of that event increases by 25%!

**Say it with me...Praise completes my Joy!**

**Verse 2** *"Serve the LORD with gladness! Come into his presence with singing!"*

**Serve the Lord...the Hebrew here means someone who works...also means a worshipper!** We serve best by worshipping the Lord and this worship is filled with gladness (pleasure, joy).

**Psalm 28:7**

*"The LORD is my strength and shield. I trust him with all my heart. He helps me, and my heart is filled with joy. I burst out in songs of thanksgiving."*

**Say it with me...Serving empowers my joy!**

**We come... (the word means abide, pulled in)** pulled into His presence with singing....joyful shouting of praise! In His presence is fullness of joy

**Psalm 16:11**

*"You will make known to me the path of life; In Your presence is fullness of joy; In Your right hand there are pleasures forever."*

**Say it with me...God's presence is joy!**

My joyful noise should drown out the enemy's negative words...his lies, condemnation and distractions...anything that seeks to mute our voice of praise and coming into the presence of God. Our joy should cause an uproar of our own...our lives should be loud expressions of faith, hope and our actions should send shockwaves of love across the world we live in.

**Here's the reason for our joy...verse 3**

*“Know that the LORD, he is God! It is he who made us, and we are his; we are his people, and the sheep of his pasture.”*

The joy of knowing God, knowing we belong to Him should fill us with praise...the word for KNOW means to be familiar with as a family member...as kin. This is the intimate relationship God desires.

Knowing God means we know His voice and His voice drowns out the enemy's. God's voice fills us with joy. He loves to speak to us...

### **Jesus put it this way in John 15:11**

*"These things I have spoken to you so that My joy may be in you, and that your joy may be made full."*

### **Say it with me...God's words fills my joy!**

**Verse 4** *“Enter his gates with thanksgiving, and his courts with praise! Give thanks to him; bless his name!”*

The Hebrew word for enter is the same for come in verse 2...we are pulled in to abide with God, within His gates...what an invitation! We enter with thanksgiving (extension of the hands in adoration) and His court with praise (a song). We give thanks (another word meaning extension of the hands in adoration) and we bless (kneel) His name. Enter, give, bless... Joyful worship is loud and engaging!

Worship requires my involvement...my body, mind and spirit. My life of worship shouts out loud, my acts of service makes a ruckus and disturbs the enemy plans. My joy makes an uproar, an upheaval of the enemy's propaganda and noise.

### **Psalms 98:4-6**

*“Shout joyfully to the LORD, all the earth; Break forth and sing for joy and sing praises. Sing praises to the LORD with the lyre, With the lyre and the sound of melody. With trumpets and the sound of the horn Shout joyfully before the King, the LORD.”*

### **Another reason to be joyful...Verse 5**

*“For the LORD is good; his steadfast love endures forever, and his faithfulness to all generations.”*

The Father is good...His love is eternal; He will be faithful to us and to all the generations that come from us. What I love about these promises is the gratefulness it produces in me...and gratitude helps me see what is there instead of what isn't. Helps me discern the noise and focus on the goodness of God instead of what I think I lack.

## There are two ways to guard our minds found in Philippians 4:6–8

*“Do not be anxious about anything, but in everything by **prayer** (out loud worship prayer) and **supplication** (earnest prayer) with **thanksgiving** (grateful language) let your requests be made known to God.*

*(7) And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.*

*(8) Finally, brothers, whatever is **true**, whatever is **honorable**, whatever is **just**, whatever is **pure**, whatever is **lovely**, whatever is **commendable**, if there is any **excellence**, if there is anything worthy of praise, **think** about these things.”*

**The first way** you guard your heart and mind is **“to pray”**. Notice that he says to pray about everything... Don’t worry about anything, but pray about everything with thanksgiving...with worship and a grateful heart.

Then Paul says to **think (take inventory, calculate, reason) about things that are worthy of praise**...be mindful, replace the noise of the enemy with things that produce joy. True things, honorable things, lovely things, things that produce a good report (have a good reputation) and things that are excellent (that word means valor and moral goodness...pure)

**Basically...garbage in...garbage out...what we think about we produce**, if we believe the FAKE NEWS of the enemy, dwell on it we defeat ourselves. If we want to defeat anxiety, worry, depression...Paul is saying that when we pray and think like God thinks we quiet our mind...when we center on things that bring life into us...**that way of thinking powers our joy**.

### **Psalm 95:1**

*“O come, let us sing for joy to the LORD, Let us shout joyfully to the rock of our salvation.”*

**Say it with me...No noise will quiet my joy!**