

'TURN DOWN THE VOLUME!'

Listening to Yourself

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November 8, 2020

Psalm 42

Why is it so important that we control the voices in our head?

Our _____ health demands it.

Our _____ health demands it.

Hear how the psalmist describes the voices:

1. The noise coming from his _____. (42: 1-3, 7)
2. The noise coming from his _____. (42:9,10)

See the wisdom he now shares with us:

1. Don't let your _____ and _____ do all the talking.
2. Don't just _____ to _____,
_____ to _____!
3. Tell yourself where to _____ your _____!

Here's one great way to turn down the volume:

Don't just _____ to _____,
_____ to _____!