



WILLIAMS CHAPEL CHURCH
Chief Apostle Kimberly Nixon, Pastor



Psalm 46:10 KJV

Be still, and know that I am God: I will be exalted among the heathen, I will be exalted in the earth.

Luke 10:38-42 KJV

Now it came to pass, as they went, that he entered into a certain village: and a certain woman named Martha received him into her house. [39] And she had a sister called Mary, which also sat at Jesus' feet, and heard his word. [40] But Martha was cumbered about much serving, and came to him, and said, Lord, dost thou not care that my sister hath left me to serve alone? bid her therefore that she help me. [41] And Jesus answered and said unto her, Martha, Martha, thou art careful and troubled about many things: [42] But one thing is needful: and Mary hath chosen that good part, which shall not be taken away from her.

(Psalms 16:11; James 4::8; Romans 12:1-2)

From Noise to Nearness

Naming the Noise

Before we can move toward nearness, we must first name the noise.

Noise trains the soul to react. Nearness trains the soul to respond.

Noise is not always volume. Sometimes it is internal. It is the constant rehearsal of political frustration. It is the low hum of anxious anticipation. It is the need to correct, manage, respond, defend, and control. It is the scroll that never ends and the commentary that never quiets. Noise is whatever competes with God's voice for first position in our awareness.

Unidentified noise becomes normalized noise. And normalized noise becomes spiritual climate. If we never name what agitates us, we will assume agitation is simply part of living. But the Spirit calls us higher. Lent is not about behavior modification; it is about spiritual discernment. What is shaping your tone? What is shaping your reactions? What is shaping your nervous system?

For some, the noise is complaining disguised as righteous concern. For others, it is chronic worrying masked as responsibility. For many, it is control disguised as leadership or love. And for almost all of us, it is overexposure — too many opinions, too many alerts, too much information, too little stillness.



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Noise keeps us externally alert but internally exhausted. Nearness anchors us internally even when the world remains loud. The goal of this fast is not silence for its own sake. It is clarity. When complaint quiets, gratitude becomes audible. When worry settles, peace becomes tangible. When control loosens, trust becomes visible.

We cannot surrender what we refuse to name.

So pause here. Ask yourself:

- What has been the loudest voice in my life recently?
- What thought pattern replays most often?
- Where do I feel most reactive?
- What do I reach for when I feel unsettled?

Naming the noise is the first act of spiritual courage.

Because once it is named, it can be surrendered. And once surrendered, nearness can grow.

Noise is not always volume. Noise is anything that competes with God's voice for first position in your awareness.

Noise is:

- Rehearsed complaint
- Political agitation that fuels outrage more than intercession
- Chronic worrying disguised as responsibility
- Control masked as leadership
- Endless scrolling
- Mental replay of offenses

Noise trains the soul to react.

Nearness trains the soul to respond.

Questions to ponder....

- What has been loud in your life lately?
- What thought returns most often?

Silence reveals what noise conceals.

The Noise of Complaining

Scripture: Exodus 16:8



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Israel's wilderness problem was not lack of provision. It was murmuring.

Complaining feels justified. But complaining shapes climate.

Political agitation has become normalized in our culture. But outrage is not intercession.

We are not fasting conviction. We are fasting reactivity.

Teaching Point:

- Every complaint is agreement with unrest.

Thoughts to Ponder:

- When do you complain most?
- What environment triggers it?

The Noise of Chronic Worry

Scripture: Philippians 4:6

Worry feels productive, but it produces nothing except internal exhaustion.

Many believers are living in “anxious anxiety” — constant low-level tension.

Our nervous systems were not designed for:

- 24-hour news cycles
- Constant alerts
- Continuous cultural crisis

Worry is an attempt to control the future. But grace is distributed daily.

Question to ponder:

- What future scenario do you rehearse most often?



The Noise of Control

Scripture: Luke 22:42

“Nevertheless, not My will...”

Control feels like protection. But it is often fear in disguise.

We control:

- Conversations
- Outcomes
- Perceptions
- Family members
- Leadership spaces

But control creates strain, not peace. Nearness requires open hands.

The Noise of Overexposure

Scripture: Proverbs 4:23

We are fasting unrestricted access.

9 AM to 9 PM.

This is not legalism. It is guarding gates.

Comparison, outrage, and reactivity multiply in overexposure.

Ask:

- What changes in you after extended scrolling?

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- “What has been the loudest voice in my life?”

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- “What would nearness look like instead?”



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Corporate Prayer

“Lord, we name the noise.

We surrender the agitation.

We release the worry.

We open our hands from control.

We guard our gates.

Move us from noise to nearness.”

CLOSING DECLARATION

We will not rehearse complaint.

We will not nurture worry.

We will not tighten our grip.

We will guard our gates.

We will cultivate nearness.

Resurrection will not surprise us — it will grow in us.