

Quietness in an Overstimulated World
John 10:1-10 NLT / May 3, 2026
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The Exhausted Soul

We are overstimulated, exhausted, and soul tired.

The voice of noise has become more familiar than the voice of our Savior.

John 10:1-10 NLT

THE FIRST-CENTURY SHEEPFOLD

Sheep followed the shepherd by recognizing his voice.

The shepherd became the gate for the sheep.

Sheep fled from strangers because they knew the danger.

THE THREAT OF NOISE + OVERSTIMULATION

The thief wants to steal our attention, peace, and souls.

The “attention economy” profits from distraction and overstimulation.

A stranger’s voice becomes familiar through repetition.

JESUS’ QUIET + BETTER WAY

Jesus often withdrew to quiet places to pray. (*Luke 5:16 NLT*)

Jesus refused to let urgency replace intimacy with the Father. (*Mark 2:32-39 NLT*)

“Choose the Better” = healthy rhythms of practicing Jesus.

RECLAIMING THE FREQUENCY

Give the first 15 minutes of your day to the Shepherd before the thief.

5 min Read

5 min Sit

5 min Pray + Write one sentence

The tragedy of our time may not be that Jesus stopped speaking—but that His voice has become unfamiliar.