

# Interrupt

## Soundtracks - Part 2

### August 20, 2023

We all have internal soundtracks that shape our lives.

#### Broken soundtracks

*“A cheerful heart is good medicine, but a **broken spirit** saps a person’s strength.”* Proverbs 17:22 (NLT)

#### Good news:

- You’re not alone.
- There is hope!
- God is truth and His truth sets us free.
- Broken soundtrack → superpower

#### Week 1 - Recognize

#### Week 2 - Interrupt

*“<sup>3</sup>For though we live in the world, we do not wage war as the world does. <sup>4</sup>The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. <sup>5</sup>We demolish arguments and every pretension that sets itself up against the knowledge of God, and we **take captive every thought** to **make it obedient to Christ**.”* 2 Corinthians 10:3-5 (NIV)

#### Three questions to interrupt broken soundtracks:

##### 1. Is it true?

*“... Speak the **truth** in love ...”* Ephesians 4:15 (NLT)

##### 2. Is it helpful?

*“Do not let any unwholesome talk come out of your mouths, but only what is **helpful** for **building others up** according to their needs, that it may **benefit** those who listen.”* Ephesians 4:29 (NIV)

##### 3. Is it kind?

*“<sup>31</sup>Get rid of all bitterness, rage, anger, harsh words, and slander ... <sup>32</sup>Instead, be **kind** to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.”* Ephesians 4:31-32 (NLT)

**One of God’s most effective and powerful tools for interrupting broken soundtracks: community**

**A Small Group: 6-12 people who meet regularly to share their lives in authentic community**

**Are you in a small group?**

**What might your life look like in the future because of the power of finding community in a small group? What soundtracks might get replaced?**

**Would you try a small group for 6 weeks?**

**[thebayouchurch.org/groups](http://thebayouchurch.org/groups)**