

How to  
**REMOVE NOISE**

and tune in to the  
**FREQUENCY  
OF HEAVEN.**





TUNED IN

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# Identify noise.

Noise can be any unwanted, unnecessary sound in your life; influencers, media outlets, even friends and family. Noise only distracts and steals our attention from what God is and has spoke into your life. Knowing what noises are specific to you is key to tuning in to God's voice.







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# Start with the first.

Many people begin their day by checking the news or newsfeed. Instead, remove the noise and start the day by being filled with hope! Choose to read the Bible, talk and pray with God, or simply find a verse or two to set the stage for the day.





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# Preoccupied by busyness.

Being busy seems to be upon everyone's lips, and some even carry it as a badge of honor. But the need to be busy can cause a distraction from you following and obeying Jesus (see *Luke 14:15-24*). Don't allow the artificial significance that comes from being busy to steal away your ability to find true identity and purpose in your creator.







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# Limit your social media.

The average person spends about 2.5 hours on social media a day. So, whether you're checking out cat memes, political debates, or sharing your daily selfie, try limiting your time and distraction and be more excited about hearing God's voice than how many likes your post gets.



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# Remove notifications.

With every app and webpage desiring your attention, remove anything that would try steal your time. Turn off push notification, unsubscribe from necessary accounts, unfollow friends and accounts, delete apps... anything to filter out unsolicited noise.