

**CANCEL
THE NOISE**



**6-Day
Devotional**

Day 1: Focus on What Is True

Scripture: Philippians 4:8 & John 14:6

Reflection:

In a world where everyone seems to have their “own truth,” it’s easy to lose sight of *the truth*. *Jesus is the truth. If we want to fix our minds on truth, we need to fill our minds with Him. That means we must cancel the lies we believe about ourselves, our worth, and our purpose.* **Cancel the noise that isn’t true.**

Prayer: Jesus, help me recognize lies when I hear them. Teach me to think in truth, walk in truth, and speak truth with love.

Practice: Write down one lie you've believed recently. Then write a truth from Scripture that cancels it out (try John 1:12, Romans 8:1, or Psalm 139:14).

Day 2: Focus on What Is Noble

Scripture: Philippians 4:8 & Romans 12:10

Reflection: To be noble is to rise above what’s petty and selfish. It’s to carry yourself with honor. But our culture often glorifies drama, mockery, and selfish ambition. If we want to think noble thoughts, we must stop feeding on dishonorable ones. **Cancel the noise that isn’t noble.**

Prayer: God, grow in me a heart of honor. Help me think and speak in ways that bring dignity and respect to others.

Practice: Compliment or affirm someone who doesn’t expect it today. Let your words lift others above the noise.

Day 3: Focus on What Is Right

Scripture: Philippians 4:8 & Micah 6:8

Reflection: Right isn’t always easy. It’s not always popular. But it’s always aligned with God’s heart. To think rightly, we must filter our decisions, thoughts, and content through what’s pleasing to God, not just what’s acceptable to the crowd. **Cancel the noise that isn’t right.**

Prayer: Lord, give me the courage to do what’s right even when no one else is. Shape my thinking with Your justice.

Practice: Ask yourself before any choice today: “Is this the right thing or just the easy thing?” Choose right.

Day 4: Focus on What Is Pure

Scripture: Philippians 4:8 & Psalm 119:9

Reflection: A pure mind isn't cluttered with compromise. But impurity is loud. It calls from screens, songs, jokes, and texts. If we're serious about pursuing purity, we must be serious about protecting what we feed our hearts. **Cancel the noise that isn't pure.**

Prayer: God, guard my heart and renew my mind. Help me say no to anything that pulls me away from purity.

Practice: Evaluate your digital intake. Is there one app, show, or playlist that needs to go? Cancel it.

Day 5: Focus on What Is Lovely & Admirable

Scripture: Philippians 4:8 & 1 Thessalonians 5:11

Reflection: God's beauty shows up in compassion, kindness, and encouragement, not in what's bitter, sarcastic, or negative. But negativity is noisy, and if we're not careful, we absorb it. Instead, let's think about and reflect, what is truly lovely and admirable. **Cancel the noise that tears down instead of builds up.**

Prayer: Lord, help me see and speak beauty today. Show me the admirable things around me and let me reflect them to others.

Practice: Speak encouragement to three people today. Compliment character, not just appearance.

Day 6: Focus on What Is Excellent & Praiseworthy

Scripture: Philippians 4:8 & Colossians 3:2

Reflection: Excellence isn't about being the best; it's about giving God your best. Praise isn't just something we sing; it's a mindset of gratitude. But the noise of comparison, criticism, and distraction can drown out both. Lift your gaze. Train your mind to rise above the noise. **Cancel the noise that steals your praise.**

Prayer: God, You are excellent and worthy of all praise. Tune my mind to things that reflect You.

Practice: Start your day with a list of 3 things you're grateful for. Praise God for each—and let that set your focus.

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We pray this has been an encouragement to you. We'd love to hear how it's impacted you or how we can pray for you!