

“I was reading about this guy named Bernie Krause, who records nature sounds for film and television. He was saying that, in 1968, in order to get one hour of natural sound, like no airplanes no cars, that it would take him about 15 hours of recording time, and he was saying that today, to get that same one hour of undisturbed sound, it takes him 2000 hours of recording time.”

What does the Bernie Krause quote say about how our world has changed?  
What kind of noise do you have in your life?

“Why is silence so hard to deal with?”

“183 million people are regularly exposed to noise levels labeled as excessive by the Environmental Protection Agency.”

Do you ever surround yourself with noise intentionally?  
If so, why do you think we do this?

“Do you wish God’s voice would be louder in your life?”

Does all the noise in our lives make it hard to hear God?

Come to me, all you who are weary and burdened and I will give you rest.  
Jesus in [Matthew 11:28 \(NIV\)](#)

“If I’m not still, and if I don’t listen, how is Jesus going to give me rest?”

When was the last time you spent some time in silence?

Search your hearts and be silent.  
[Psalm 4:4 \(NIV\)](#)

“Have you spent the same amount of time worrying and talking about your difficult, confusing situations as you have spent in silence, listening to what God might have to say?”

Do you sometimes avoid silence because you’re afraid of what God might actually have to say to you?

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But Jesus often withdrew to lonely places and prayed.

[Luke 5:16 \(NIV\)](#)

“These were regular disciplines Jesus had. Silence. Solitude.”

Are you ever alone or do you always need somebody around you?

“Does my schedule, my time, my life look like that of a person who wants to hear God’s voice?”

What are some things in your daily life you could change to eliminate some of the noise?

“Is it possible that you’ve been searching for God in the winds ... the earthquakes and fires ... and he’s waiting to speak to you in the silence?”

Since releasing Noise, **NOOMA** customer service has received numerous calls from frustrated and perplexed customers wondering why this **NOOMA** is only 2 minutes and 34 seconds long.

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# NOOMA

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We can get anything we want, from anywhere in the world, whenever we want it.  
That's how it is and that's how we want it to be.  
Still, our lives aren't any different than other generations before us. Our time is.  
We want spiritual direction, but it has to be real for us and available when we need it.  
We want a new format for getting Christian perspectives.  
**NOOMA** is the new format.  
It's short films with communicators that really speak to us.  
Compact, portable, and concise.  
Each **NOOMA** touches on issues that we care about,  
that we want to talk about and it comes in a way that fits our world.  
It's a format that's there for us when we need it, as we need it, how we need it.

Check out [nooma.com](http://nooma.com) to see clips and get information about other available **NOOMAs**.

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**NOOMA Noise I 005 Rob Bell**

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