

# Sermon Study Notes – Key Points, Questions & Application

Sermon – Hear Him! Silence the Noise: Admit, Ask & Answer.

Sermon 6 in the Series – “Grow Hungry for Jesus: *His Habits for the Heart*”

## Key Scripture References

- Mark 9:14-29 – “I believe; help my unbelief!” And “This kind comes out only by prayer.”
- Mark 9:2-8 – The Transfiguration; “This is My beloved Son; Hear Him!”

## Big Idea

To Hear Jesus – silence the noise; *then* Admit (*your need*), Ask (*for His guidance*), & Answer (*with changed heart & habits – including prayer*).

## Christian Year Context for Worship & Spiritual Formation

**Transfiguration Sunday** – Remembering how Jesus was transfigured on the mountain in glory before walking through valley of shadow of death.

**Ash Wednesday this week** – entering Lent, a season of repentance and renewal.

## Last Week’s Sermon Review

Three takeaways:

1. Believe Jesus, our Intercessor, and pray WITH Him.
2. Put a watch plan in your daily life (alarms/reminders).
3. Pray like your life depends on God — because it does.

Jesus had specific times and places to pray. Do you?

## Jesus' Answer to Our Chaos

We face unrelenting evil, sickness, sin, chaos in 2026. How will deliverance come?

Jesus: “Not by anything except by prayer.”

## Prayer's Prime Objective: HEAR FROM GOD

**Warrior analogy:** You don't see Satan coming, and you shouldn't try to conduct spiritual warfare on your own. You need to hear from the Captain of your soul.

**Sheep analogy:** Sheep wandering alone without guidance in Wichita? Not good! Sheep need to hear the Shepherd.

“HEAR” in Scripture means:

1. **Listen** – Shut out noise
2. **Attend** – Mental focus
3. **Acknowledge** – Receive into heart
4. **HEED = OBEY** – Put into practice, change lifestyle

## Signal-to-Noise Ratio

**Steve Jobs:** Dialed down noise to 20% max to focus on 3-5 important things daily.

**Personal Application – baby step for Lent:** Can we cancel 20% of noise? What are the 3-5 really important things – and the the ONE ultimate thing – we should prioritize? **Hearing from Jesus.**

## **The Transfiguration**

**Mark 9:2-8** – Jesus transfigured, Moses and Elijah appeared.

**Peter:** "Let's build three tabernacles!"

**Cloud overshadowed them, and a VOICE from the cloud declared: "THIS IS MY BELOVED SON. HEAR HIM!" Suddenly, Peter, John & James were there with—only JESUS, ALONE.**

## **The Father Speaks THREE Times in Gospels**

1. Jesus' baptism
2. **Transfiguration (TODAY)** – grounds Jesus for the cross
3. John 12

**ONE COMMAND: "HEAR HIM." Our One job: Obey Jesus. Listen. Follow.**

## **Jesus' Loneliness**

**"O unbelieving generation, how long must I stay with you?"**

**Jesus is the ONE authentic believer, Who alone – *after being strengthened through the Transfiguration on the mountain* – is about to go through valley of death for our salvation.**

## **Down the Mountain: Admit, Ask, Answer**

**Disciples failed to cast out demon. Why? They didn't pray. Not in touch with Jesus.**

**YOU CAN GO TO CHURCH AND NEVER MEET JESUS.**

**The possessed boy's father to Jesus:** "If You're able, help us."

**Jesus:** "If You are able?! All things are possible to the one who believes."

**The father's response:** "I believe—help my unbelief!" (Your prayer this week)

**Disciples ask privately:** "Why couldn't we cast it out?"

**Jesus:** "This kind comes out only by prayer."

*What is Jesus teaching about prayer and about all things being possible to the one who believes?*

**It's NOT about the power of *OUR* prayer — it's the **POWER OF THE MASTER** Who meets us in prayer.**

## **Personal Application: Habits of the Heart for Spiritual Growth**

**Silence the noise so you can:**

1. **ADMIT** – Confess, repent
2. **ASK** – Listen, don't just tell Him
3. **ANSWER** – Respond with life of faith and prayer

**This Week- Ash Wednesday:** Embodied repentance and renewal, communion.

**A model prayer for many of us:** "I believe, Lord — help my unbelief."

## **Discussion Questions**

1. What are your top noise sources? What would 20% less noise look like in your daily life? To achieve that reduction -- how should you pray, and what steps must you take?
2. When do you listen vs. talk at Jesus? What would HEEDING look like?
3. What do you need to admit to Jesus and ask Him this week?
4. Will you pray "I believe—help my unbelief" daily?