

## **10—Sing a New Song**

6/25/23

### **INTRO:**

#### **I. → Isaiah 42:5-11**

*5 This is what God the Lord says—  
the Creator of the heavens, who stretches them out,  
who spreads out the earth with all that springs from it,  
who gives breath to its people,  
and life to those who walk on it:*

**→ 6** *“I, the Lord, have called you in righteousness;  
I will take hold of your hand.*

*I will keep you and will make you  
to be a covenant for the people  
and a light for the Gentiles,*

*7 to open eyes that are blind,  
to free captives from prison  
and to release from the dungeon those who sit in darkness.”*

**→ 8** *“I am the Lord; that is my name!  
I will not yield my glory to another  
or my praise to idols.*

**9** ***See, the former things have taken place,  
and new things I declare;**  
before they spring into being  
I announce them to you.”*

**→ 10** ***Sing to the Lord a new song,**  
his praise from the ends of the earth,  
you who go down to the sea, and all that is in it,  
you islands, and all who live in them.*

*11 Let the wilderness and its towns raise their voices;  
let the settlements where Kedar lives rejoice.*

**Let the people of Sela sing for joy;  
let them shout from the mountaintops.**

### **BODY:**

## I. Dimming the Past

9 See, the former things have taken place, (rishonot)  
and new things I declare; (chadashot)

A. Past trauma does not have to dominate our emotions.

1) **Isaiah 53:5**

*But he was pierced for our transgressions,  
he was crushed for our iniquities;  
the punishment that brought us peace was on him,  
and by his wounds we are healed.*

2) **AMYGDALA—BOTH SIDES OF BRAIN**

- a) Activates the threat systems and shuts down the calming systems
- b) Anti-depressants have no effect on it
- c) It is not very smart, it is an animal reaction
- d) It cannot be educated, it must be conditioned

B. Only new experiences can overwrite negative reactions.

1) **Romans 12:2**

*Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.*

2) **PROLONGED EXPOSURE THERAPY**

- a) **LOOKING THROUGH THE TELESCOPE**
- b) **RIDING MOTOCYCLES AGAIN**

## II. Rewriting the Narrative

10 Sing to the Lord a new song

A. The narrative of our life changes how we respond to it.

1) **2 Corinthians 3:3**

*You show that you are a letter from Christ, the result of our ministry, written not with ink but with the Spirit of the living God, not on tablets of stone but on tablets of human hearts.*

2) Andrew Huberman—Huberman Lab—Erasing Trauma

Professor of Neurobiology and Psychiatry at Stanford

- 3) **THE PREFRONTAL CORTEX—TOP DOWN PROCESSING**
  - a) Can control or suppress a reflex—including threat
  - b) Attach meaning and purpose to a negative memory
  - c) No negotiating what fear feels like, only what it means
  - d) Cognitive behavioral therapy, talking to a friend, journaling
  - e) Language and narrative actually rewire our brains
- 4) **NARRATING THE LAWSUIT, CHILD TRAUMA**

B. God rewrites our story and attaches meaning and purpose.

1) **Romans 15:1**

*For everything that was written in the past was written to teach us, so that through the endurance taught in the Scriptures and the encouragement they provide we might have hope.*

2) **STEVE MICKEL—“WALKING IN THE DARK: TRUSTING GOD WHEN LIFE HAPPENS”**

### **III. Singing a New Song**

*Let the people of Sela **sing for joy**;  
let them shout from the mountaintops.*

A. Singing together releases healing and restores our souls.

1) Psalms 33, 40, 96, 98, 144 “Sing a New Song”

2) **Psalms 40:2-3**

*He lifted me out of the slimy pit,  
out of the mud and mire;  
he set my feet on a rock  
and gave me a firm place to stand.  
He put a new song in my mouth,  
a hymn of praise to our God.*

3) Motor networks, auditory networks, planning/organizational networks, memory networks, language networks, emotional networks, social bonding and empathy, reward network release dopamine.

B. If we want a different outcome we need to learn a new song.

1) **Revelation 14:3**

*And they sang a new song before the throne and before the four living creatures and the elders. No one could learn the song except the 144,000 who had been redeemed from the earth.*

2) **MR HOLLAND—BEAUTIFUL BOY**

## **OTHER SCRIPTURES:**

Psalms 33:1-3

- 1 Sing joyfully to the Lord, you righteous;  
it is fitting for the upright to praise him.
- 2 Praise the Lord with the harp;  
make music to him on the ten-stringed lyre.
- 3 Sing to him a new song;  
play skillfully, and shout for joy.

Psalms 96:1-3

- 1 Sing to the Lord a new song;  
sing to the Lord, all the earth.
- 2 Sing to the Lord, praise his name;  
proclaim his salvation day after day.
- 3 Declare his glory among the nations,  
his marvelous deeds among all peoples.

Psalms 98:1-2

- 1 Sing to the Lord a new song,  
for he has done marvelous things;  
his right hand and his holy arm  
have worked salvation for him.
- 2 The Lord has made his salvation known  
and revealed his righteousness to the nations.

Psalms 144:9-10

- 9 I will sing a new song to you, my God;  
on the ten-stringed lyre I will make music to you,
- 10 to the One who gives victory to kings,  
who delivers his servant David.