

RETHINKING

Best Life Ever – Part 2 of 6

KEY OBSERVATION: Our need of supervision in our life might come to an end, if we learned to silence the UNHEALTHY voices that come from with INSIDE of us.

KEY TRUTH #1: Our own advice always gets filtered through our EMOTIONS and our DISTORTED view of reality.

KEY QUESTION: What is the primary emotion that competes for CONTROL of your life?

“1 Then some Pharisees and teachers of the law came to Jesus from Jerusalem and asked, 2 ‘Why do your disciples break the tradition of the elders? They don’t wash their hands before they eat!’ 3 Jesus replied, ‘And why do you break the command of God for the sake of your tradition? 6 ...Thus you nullify the word of God for the sake of your tradition. 7 You hypocrites! Isaiah was right when he prophesied about you: 8 ‘These people honor me with their lips; but their hearts are far from me.’” Matthew 15:1-3, 6-8

“10 ‘Listen and understand. 11 What goes into your mouth does not defile you, but what comes out of your mouth, that is what defiles you.’ 12 Then the disciples came to him as asked, ‘Do you know that the Pharisees were offended when they heard this?’ 14 ‘Leave them; they are blind guides. If the blind lead the blind, both will fall into a pit.’ 15 Peter said, ‘Explain the parable to us.’ 16 ‘Are you still so dull?’ Jesus asked them.” Matthew 15:10-12, 14-16

KEY TRUTH #2: God is NOT most concerned with how our behavior affects Him.

“16 ‘Are you still so dull?’ Jesus asked them. 17 Don’t you see that whatever enters in the mouth goes into the stomach and then out of the body? 18 But the things that come out of the mouth...these defile you.’.” Matthew 15:16-18

KEY TRUTH #3: The thing that puts you at odds with God is when what comes out of your mouth puts you at odds with the PEOPLE GOD LOVES.

“18 But the things that come out of the mouth come from the heart... 19 For out of the heart come evil thoughts...” Matthew 15:18-19a

KEY TRUTH #4: All of those problematic behaviors we have, begin with a THOUGHT.

“19 For out of the heart come evil thoughts, murder, adultery, sexual immorality, theft, false testimony and slander.” Matthew 15:19

“...Greed, malice, deceit, envy, arrogance and folly.” Mark 7:22

“These are what defile you; but eating with unwashed hands does not defile you.” Matthew 15:20

KEY TRUTH #5: The people closest to you are experiencing the OVERFLOW OF YOUR HEART every single day.

“Come to me, all of you who are weary and burdened and I will give you rest.” Matthew 11:28

“...My peace I give you. I do not give to you as the world gives you...” John 14:27

“29 Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.” Matthew 11:29