



House of New Beginnings

ShalomAZ Ministries

In Pursuit of Israel's Redemption

"What's Cooking in My Heart? (What's Bubbling or Boiling Within?)"

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Devotion and Discussion Questions

Key Texts: Luke 6:43-45

Yeshua's words in Luke 6 form part of what many refer to as His "Sermon on the Plain"—a message not only filled with wisdom but aimed at forming His followers into His likeness. In this passage, Yeshua isn't just giving us tips for better behavior; He's calling for inner transformation. Discipleship isn't about polishing your image—it's about **becoming** like the Teacher from the inside out (Luke 6:40). We're not only learning from Him—we're being *untrained* from old patterns of pride, defensiveness, and self-centeredness.

This section of Yeshua's teaching follows His strong words about judgment. He says not to obsess over someone else's speck when you've got a beam in your own eye. Then He ties that message directly into the next with the word "For..." (γάρ, *gar*). What follows is not disconnected—it's a deeper dive. Yeshua moves from the issue of how we judge to **the more foundational question**: WHAT'S REALLY GOING ON INSIDE OF US? He uses vivid imagery of to show that external actions—especially our words—reveal the true condition of our hearts.

1. WHAT'S HAPPENING ON THE OUTSIDE REVEALS THE INNER CONDITION

Yeshua teaches that our fruit—what's visible and audible—is the overflow of what's hidden within. Like a tree that can't hide its identity, our lives eventually give away the condition of our hearts. We often think words are harmless slips or outbursts disconnected from who we are. But in Luke 6:45, Yeshua says, *"Out of the good treasure of his heart, the good man brings forth good, and out of evil the evil man brings forth evil. For from the overflow of the heart his mouth speaks."* Our mouths are not malfunctioning—they're windows. They provided a view to the treasure stored in the storeroom of our hearts.

The Greek word for "treasure" is *thēsauros*, a word that means a valuable deposit or storeroom. It's where you've been keeping what matters most. And the word *ponēros* (translated as "evil") describes more than immorality—it implies brokenness, toil, and decay. It's the diseased condition of a heart that's been poisoned by bitterness, pride, or self-pity. What we say is often shaped by what we've stored up in response to past pain or persistent lies. When we lash out, belittle, or manipulate with our words, it's not just about stress—it's about what's been simmering for a long time. Our lips spill what our hearts have stocked.

Think back to something you said recently that wounded someone. Don't excuse it. Ask the Lord: "What does this say about what's been cooking in my heart?" Let Him reveal the root.

2. THE DIAGNOSIS IS NOT A DEATH SENTENCE—IT'S A WAKE-UP CALL

It's easy to get defensive when confronted with the idea that our words reveal our hearts. We often say things like, *"I didn't mean it,"* or *"That's not who I really am."* But if our mouths keep bleeding out painful briars, then we're not just having bad days—we're refusing to accept what Yeshua is showing us. His teaching is *diagnostic*, not condemning. Like a doctor measuring blood pressure, He's pointing out that something beneath the surface needs attention. Ignoring the signs won't make the condition go away. The question is: will we take the diagnosis seriously, or will we argue with the Great Physician?

The hope of this passage is that transformation is possible—but not by pretending we’re healthy. A thornbush can’t produce grapes, but Yeshua *can* turn a thornbush into a fig tree. He can restore what’s broken. The problem isn’t simply our words—it’s the deeper condition of our hearts. And the solution is not behavior modification; it’s surrender. When we recognize that we’ve been speaking from pain, pride, or fear, we must invite the Holy Spirit to root out what doesn’t belong. That’s the only path to lasting fruit. The words we speak under pressure are invitations to pause and ask: *“What does this reveal about my heart?”*

Challenge: Stop excusing the bad fruit. Invite the Lord to speak clearly to you about your heart’s condition. Then journal one area where you need healing or pruning.

3. WHAT’S ACTUALLY COOKING IN MY HEART?

When life heats up, the contents of your heart start to bubble over. If angry, sharp, or sarcastic words fly from your lips, those didn’t come out of nowhere—they were simmering long before the pressure hit. The real issue isn’t your words—it’s your heart’s recipe. Yeshua didn’t explode in anger when falsely accused. Instead, He overflowed with forgiveness, compassion, and trust in the Father. Why? **Because that’s what was cooking in Him all along.** The question isn’t just “What did I say?” but “What have I been feeding my soul?”

We must go beyond behavior and examine what we’re meditating on. Are we stewing over old offenses? Adding bitterness, pride, and justification into the pot? Philippians 4:8 tells us what to cook with: *“Whatever is true, whatever is honorable, whatever is just, whatever is pure... dwell on these things.”* We don’t just need filtered speech—we need Spirit-filled hearts. Our goal isn’t to mask what’s cooking, but to change the ingredients entirely. Let the Spirit stir your heart and season it with love, humility, and trust. If we want to speak like Yeshua, we must think and feel like Yeshua. That starts with what we meditate on in the quiet.

Challenge: Pay attention today to what thoughts you entertain when no one’s around. Replace bitter internal conversations with Scriptures that realign your heart.

Challenge for the Day

Sit quietly with the Lord for 10 minutes. Ask: *“What’s been simmering in me that isn’t from You?”* Then write a new “recipe” for your heart—three truths from Scripture that you want to meditate on instead. (Consider starting with Philippians 4:8.)

DISCUSSION QUESTIONS:

1. Why is it so difficult to accept that our words reflect our heart’s condition?
2. How do you typically justify your own angry or defensive words?
3. In what ways have you seen old wounds or stored pain shape your speech?
4. What are some ingredients you need to remove from the “pot” of your heart?
5. How can meditating on Scripture transform what overflows from your life?

CLOSING PRAYER:

Heavenly Father, Father, You see the deepest places in me—what’s simmering, what’s boiling, and what’s about to overflow. I invite You into the kitchen of my soul. Remove every toxic ingredient I’ve stored—bitterness, pride, fear, or self-justification. Stir in Your truth, Your Word, and Your Spirit until what comes out of my life is pleasing to You. Let my lips reflect a heart shaped by Yeshua. On my best days **and** my worst days, *“may the words of my mouth and the meditation of my heart be acceptable before You, Adonai, my Rock and my Redeemer* (Psalm 19:15, TLV). Transform this heart—and let it show. In Yeshua’s name, amen.