

Chris Miller

Session 2 | OUR WORDS REVEAL OUR HEARTS

I. INTRODUCTION

A. MATTHEW 15:10-20

- **Context:**

Here's the question: "Why do your disciples break the tradition of the elders? For they do not wash their hands when they eat" (v.2)

- **Instruction:**

"Hear and understand: it is not what goes into the mouth that defiles a person, but what comes out of the mouth; this defiles a person" (11)

"Do you not see that whatever goes into the mouth passes into the stomach and is expelled? But what comes out of the mouth proceeds from the heart, and this defiles a person. For out of the heart come evil thoughts, murder, adultery, sexual immorality, theft, false witness, slander. These are what defile a person. But to eat with unwashed hands does not defile anyone." (15:17-20)

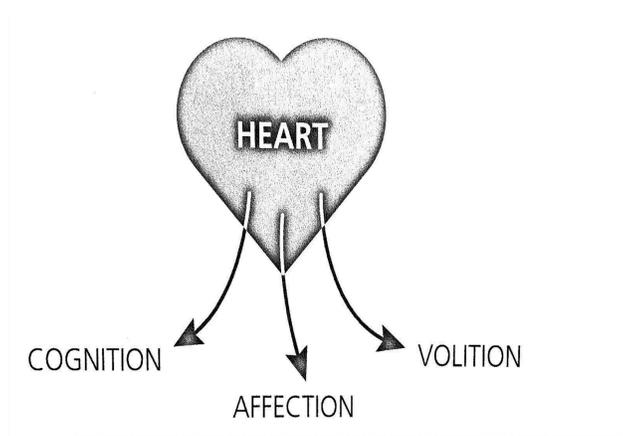
Principle 1: All of life is lived out from our hearts.

B. LUKE 6:43-45

- Trees and Fruit
- A Direct Correspondence between the health of the tree and the quality of the fruit.
- What fills the heart ("treasure") is revealed through words.

Principle 2: What controls the heart, overflows to life.

II. UNDERSTANDING THE HEART: FUNCTIONS AND RELATIONSHIPS



- **Cognition:** Thinking, interpreting, believing (Matt. 9:4, Mark 8:17, Eph. 4:18)
- **Affection:** Feeling, valuing and wanting (Luke 12:134, John 16:6, Acts 7:54)
- **Volition:** Choosing and willing (Matt. 5:28, Matt.15:8, Acts 5:4)

“There is no generic anger. There is only a heart believing certain things, wanting certain things, choosing certain things-and anger is just his impassioned method of getting them.” (Jeremy Pierre, *Dynamic Heart*)

The Heart and Four Relationships

- **God –**
- **Self –**
- **Others –**
- **Circumstances –**

And When Self rules our hearts, what often gets the blame?

- Circumstances?
- Others?
- God?

“Word problems reveal heart problems. The people and situations around us do not make us say what we say; they are only the occasion for our hearts to reveal themselves in (our) words” (Tripp, *War of Words*)

III. OUR WORDS

Ephesians 4:29: “Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear.”

We could say this positively: Let “healthy and honest” words come out of your mouths that build others up, according to their need at the moment; words and tones that extend grace.)

A. ENCOURAGEMENT:

Romans 15:5: “The God of endurance and encouragement.” God is by nature an encourager!

Kyle Huber: “True biblical encouragement is lifting up the saints by holding up Christ and his gospel treasure in order to strengthen them for joyful service to him.”

“We encourage believers by identifying what is true in them. We brush off the dust and point to the gem. We give voice to the evidential presence of the Holy Spirit. We acknowledge the vibrant colors of Christ’s character. We lay out the manifestations of God’s Word that we have observed and experienced. In a very real sense, encouragers are treasure hunters who cry out, “There is Christ! I can see him in you!” (Huber, Virtues)

How Can We Grow?

1. Keep Your Heart Treasuring Christ in the Gospel

“Keep the heart full of a sense of the love of God in Christ. This is the greatest preservative against the power of temptation in the world.” (John Owen, *Watchfulness*).

2. Look for Grace, Not Perfection

“Evidences or deficiency, which do you see more clearly?” (C.J. Mahaney)

3. Small Reasons will do.

4. Be Specific
5. Take advantage of technology.
6. Encourage even those who don't seem to need it
7. Deep Meditation on the gospel

B. GRATITUDE:

Col 2:6-7: "Therefore, as you received Christ Jesus the Lord, so walk in him, rooted and built up in him and established in the faith, just as you were taught, abounding in thanksgiving."

"When it comes to the condition of our hearts, we should perceive a warning light that flashes bright red whenever gratitude gives way to grumbling and complaining in our lives. Here's why: gratitude is an essential indicator of how well we apprehend the grace and goodness of God." (Ben Kreps, Virtues)

What keeps us from a life of gratitude?

- Envy of others
- Self-pity—a form of prideful self-preoccupation
- Prideful comparison—an inward desire to be affirmed
- Sometimes, we simply do not rehearse verbally what we are grateful for.

Proverbs 4:23: "Keep your heart with all vigilance, for from it flow the springs of life."

IV. APPLICATION

Assignment: Find one person this week (try today) to encourage and another to thank in some meaningful way.



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