

HEART HEALTH AND RELATIONSHIP HEALTH ARE THE SAME

6-14-20

Matthew 15:1-3, 6-11, 17-18 - 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 . . . you nullify the word of God for the sake of your tradition. ⁷ You hypocrites!" . . . ⁸ "These people honor me with their lips, but their hearts are far from me. ⁹ They worship me in vain; their teachings are but rules taught by men." ¹⁰ Jesus called the crowd to him and said, "Listen and understand. ¹¹ What goes into a man's mouth does not make him 'unclean,' but what comes out of his mouth, that is what makes him 'unclean.'" . . . ¹⁷ "Don't you see that whatever enters the mouth goes into the stomach and then out of the body? ¹⁸ But the things that come out of the mouth come from the heart, and these make a man 'unclean.'"

Big Idea: God isn't nearly as concerned about what goes into your mouth as he is about what comes out of your mouth.

- Not only is your heart responsible for your words, but also your actions and deeds.

Matthew 15:19-20 - "For **out of the heart come** evil thoughts, murder, adultery, sexual immorality, theft, false testimony, slander. ²⁰ These are what make a man 'unclean'; but eating with unwashed hands does not make him 'unclean.'"

1. Out of your _____ comes your words, actions and behaviors.

Proverbs 4:23 - Above all else, guard your heart, for it is the wellspring of life.

Guard means: a guard (the man, the post, or the prison)

- Your ability to love and be kind to those close to you has more to do with your heart than their behavior.

2. So if your heart isn't in good shape, it's going to be almost impossible to maintain healthy _____.

- What is in you is going to come out of you, regardless of who is around you.

Two steps to have a healthy heart:

Step 1. _____

Psalms 119:9-11 - How can a young man keep his way pure? By living according to your word. ¹⁰ I seek you with all my heart; do not let me stray from your commands. ¹¹ **I have hidden your word in my heart** that I might not sin against you.

Philippians 4:8 - Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – **think** about such things.

Psalms 86:11-13 - Teach me your way, O Lord, and I will walk in your truth; give me an undivided heart, that I may fear your name. ¹² I will praise you, O Lord my God, with all my heart; I will glorify your name forever. ¹³ For great is your love toward me; you have delivered me from the depths of the grave.

Step 2. _____

a. A complete version, as of a recording, that is dropped in favor of another version.

b. An opening for outward discharge; a vent.

1 John 1:9- If we **confess** our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

Confess means: Admit having done something wrong.

The definition of confess in the scripture is associated with change. It is connected with restitution, repentance, and restoration.

Luke 19:8-9- But Zacchaeus stood up and said to the Lord, "Look, Lord! Here and now I give half of my possessions to the poor, and if I have cheated anybody out of anything, I will pay back four times the amount." ⁹ Jesus said to him, "Today salvation has come to this house..."

James 5:15-16- And the prayer offered in faith will make the sick person well; the Lord will raise him up. If he has sinned, he will be forgiven. ¹⁶ Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous man is powerful and effective.

1 John 1:9- If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

Ephesians 4:31-32- **Get rid of all** bitterness, rage and anger, brawling and slander, along with every form of malice. ³² Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Next Steps:

1. Start working on the health of your heart.
2. Accept Jesus as Lord of your life.
3. Join me next week.