

Scriptures from New International Version unless noted

From the Heart

Key Question:
How do we say *"no"* to the emotions that compete for control of our lives?

Key Point:
You have to silence the toxic voices inside of you.

Then some Pharisees and teachers of the law came to Jesus from Jerusalem...

Matthew 15:1

"...Why do your disciples break the tradition of the elders? They don't wash their hands before they eat!"

Matthew 15:2

Jesus replied... "And why do you break the command of God for the sake of your tradition?"

Matthew 15:3

"Thus you nullify the Word of God for the sake of your tradition."

Matthew 15:6

"You hypocrites! Isaiah was right when he prophesied about you: 'These people honor me with their lips, but their hearts are far from me.'"

Matthew 15:7-8

"Listen and understand. What goes into someone's mouth does not defile them, but what comes out of their mouth, that is what defiles them."

Matthew 15:10-11

Then the disciples came to Him and asked, "Do you know that the Pharisees were offended when they heard this?"

Matthew 15:12

"Leave them; they are blind guides. If the blind lead the blind, both will fall into a pit."

Matthew 15:14

"Explain the parable to us."

Matthew 15:15

"Are you still so dull?" Jesus asked them.

Matthew 15:16

“Are you still so dull?... Don't you see that whatever enters the mouth goes into the stomach and then out of the body?”

Matthew 15:16-17

“But the things that come out of a person's mouth... these defile them.”

Matthew 15:18

Key Point:
What puts you at odds with God, is when what comes out of your mouth hurts (puts you at odds with) the people God loves.

“But the things that come out of a person's mouth come from the heart...”

Matthew 15:18

“For out of the heart come evil thoughts...”

Matthew 15:19

“For out of the heart come evil thoughts - murder adultery, sexual immorality, theft, false testimony, slander.”

Matthew 15:19

“...greed, malice, deceit, lewdness, envy... arrogance, and folly.”

Mark 7:22

“These are what defile a person; but eating with unwashed hands does not defile them.”

Matthew 15:20

Key Phrase:
You’re not the boss of me!

“Come to me, all you who are weary and burdened, and I will give you rest. 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 11:28-29