

THE HEART AND MOUTH CONNECTION

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I have been talking of the heart for several weeks ... especially about a hard-heart.

Last week ... an associated topic: Head versus heart. Head knowledge is good ... but a loyal and faithful heart is more useful to God.

Today ... I want to discuss a further aspect of the heart — **THE HEART AND MOUTH CONNECTION.**

It is quite surprising just how often the scriptures show the link between our hearts and our mouths (our Words).

If you want to find out what's in your heart — pay attention to YOUR WORDS.

Likewise ... if you want to know what's in someone else's heart — pay attention to what they say (especially when their guard is down and they're under pressure!)

Matthew 12:31-37

31 "Therefore I say to you, every sin and blasphemy will be forgiven men, but the blasphemy against the Spirit will not be forgiven men.

32 **Anyone who speaks a word against the Son of Man, it will be forgiven him; but whoever speaks against the Holy Spirit, it will not be forgiven him, either in this age or in the age to come. (*That does sound rather serious*)**

33 "Either make the tree good and its fruit good, or else make the tree bad and its fruit bad; for a tree is known by its fruit.

34 **Brood of vipers! How can you, being evil, speak good things? For out of the abundance of the heart the mouth speaks.**

35 **A good man out of the good treasure of his heart brings forth good things, and an evil man out of the evil treasure brings forth evil things.**

36 **But I say to you that for every idle word men may speak, they will give account of it in the day of judgment.**

37 **For by your words you will be justified, and by your words you will be condemned."**

Out of the abundance of the heart — the mouth SPEAKS!

Verse 36: Idle = careless ... thoughtless ... worthless —words. Note the connection.

If your words are causing you trouble ... you may need to look at your heart?

Luke 6:43-45

43 **“For a good tree does not bear bad fruit, nor does a bad tree bear good fruit.**

44 For every tree is known by its own fruit. For men do not gather figs from thorns, nor do they gather grapes from a bramble bush.

45 **A good man out of the good treasure of his heart brings forth good; and an evil man out of the evil treasure of his heart brings forth evil. For out of the abundance of the heart his mouth speaks.**

“Out of the abundance of the heart — the mouth speaks”. Or — “leaks”.

Verse 45: Abundance = surplus or overflow.

That’s why we need to watch what goes in to our hearts!

And the heart and mouth connection plays a role in whether we operate in faith.

Mark 11:12-14

12 Now the next day, when they had come out from Bethany, He was hungry.

13 And **seeing from afar a fig tree having leaves,** He went to see if perhaps He would find something on it. **When He came to it, He found nothing but leaves, for it was not the season for figs.**

14 In response Jesus said to it, **“Let no one eat fruit from you ever again.”**

And His disciples heard it.

Jesus spoke from His heart.

Mark 11:20-24

20 Now in the morning, as they passed by, they saw the fig tree dried up from the roots.

21 **And Peter, remembering, said to Him, “Rabbi, look! The fig tree which You cursed has withered away.” (“Cursed” — spoke to)**

22 **So Jesus answered and said to them, “Have faith in God.**

23 **For assuredly, I say to you, whoever says to this mountain, ‘Be removed and be cast into the sea,’ and does not doubt in his heart, but believes that those things he says will be done, he will have whatever he says.**

24 **Therefore I say to you, whatever things you ask when you pray, believe that you receive them, and you will have them.**

Don’t doubt in your heart! Believe in your heart! You will have whatever you say! The Heart and Mouth Connection.

We can also see the connection to faith in:

Romans 10:8-10

8 But what does it say? **“The word is near you, in your mouth and in your heart”** (that is, the word of faith which we preach):

9 that **if you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead,** you will be saved.

10 **For with the heart one believes unto righteousness, and with the mouth confession is made unto salvation.**

The “WORD OF FAITH” is in 2 places — in your mouth and in your heart.

We see the heart and mouth connection.

Generally ... if we have a good heart — our words will reveal that. And vice-versa!

Matthew 15:1-3

1 Then the scribes and Pharisees who were from Jerusalem came to Jesus, saying,

2 **“Why do Your disciples transgress the tradition of the elders?** For they do not wash their hands when they eat bread.” *(A ritual washing of hands)*

3 He answered and said to them, **“Why do you also transgress the commandment of God because of your tradition?”**

Matthew 15:7-11

7 **Hypocrites!** Well did Isaiah prophesy about you, saying:

8 **'These people draw near to Me with their mouth,**

And honor Me with their lips,

But their heart is far from Me.

9 And **in vain they worship Me,**

Teaching as doctrines the commandments of men.' ”

10 When He had called the multitude to Himself, He said to them, “Hear and understand:

11 **Not what goes into the mouth defiles a man; but what comes out of the mouth, this defiles a man.”**

Their heart was far from God though they were probably very knowledgeable?

Matthew 15:15-20

15 **Then Peter answered and said to Him, “Explain this parable to us.”**

16 So Jesus said, “Are you also still without understanding?

17 Do you not yet understand that whatever enters the mouth goes into the stomach and is eliminated?

18 **But those things which proceed out of the mouth come from the heart, and they defile a man.**

19 **For out of the heart proceed evil thoughts, murders, adulteries, fornications, thefts, false witness, blasphemies.**

20 **These are the things which defile a man,** but to eat with unwashed hands does not defile a man.”

What comes from the mouth and heart defiles (makes unclean ... unholy). Sin is from the inside ... out.

The output of a converted heart is very different from a hard-heart.

Proverbs 4:20-27

20 **My son, give attention to my words;**

Incline your ear to my sayings.

21 **Do not let them depart from your eyes;**

Keep them in the midst of your heart;

22 **For they are life to those who find them,**

And health to all their flesh.

23 **Keep your heart with all diligence,**

For out of it spring the issues of life.

24 **Put away from you a deceitful mouth,**

And put perverse lips far from you.

25 Let your eyes look straight ahead,
And your eyelids look right before you.

26 Ponder the path of your feet,
And let all your ways be established.

27 Do not turn to the right or the left;
Remove your foot from evil.

Guard your heart with all diligence! Put away a deceitful mouth and perverse lips!

“Keep loose lips far from you”.

We need to watch what goes into our heart — and monitor what comes out.
Garbage in — garbage out!

The Book of Proverbs gives wise instruction ... including about our heart and mouth.

Proverbs 15:28

28 **The heart of the righteous studies how to answer,
But the mouth of the wicked pours forth evil.**

The heart studies how to answer — meditates. The heart ponders what words to use. And — whether to answer.

Engage your brain before opening your mouth.

“Before you speak, let your words pass through 3 gates:

- Is it true?
- Is it necessary?
- Is it kind?”

Proverbs 16:23

23 **The heart of the wise teaches his mouth,
And adds learning to his lips.** (Heart and Mouth Connection)

The heart teaches (educates ... makes wise) the mouth.

Proverbs 18:21

21 **Death and life are in the power of the tongue,
And those who love it will eat its fruit.**

Death and life are in the power of the tongue ... but it's the heart that controls and influences the tongue.

Psalms 37:23-24

23 **The steps of a good man are ordered by the LORD,
And He delights in his way.**

24 **Though he fall, he shall not be utterly cast down;
For the LORD upholds him with His hand.**

Psalms 37:27-29

27 **Depart from evil, and do good;**
And dwell forevermore.

28 **For the LORD loves justice,
And does not forsake His saints;
They are preserved forever,**

But the descendants of the wicked shall be cut off.

29 **The righteous shall inherit the land,
And dwell in it forever.**

Psalms 37:30-31

30 **The mouth of the righteous speaks wisdom,
And his tongue talks of justice.**

31 **The law of his God is in his heart; (Torah = instruction)
None of his steps shall slide.**

The mouth of the righteous speaks wisdom. Why? Because the Torah/instruction is in his heart. (Not just in his head).

Ecclesiastes 5:1-2

1 **Walk prudently when you go to the house of God;** and draw near to hear rather than to give the sacrifice of fools, for they do not know that they do evil.

2 **Do not be rash with your mouth,**

And let not your heart utter anything hastily before God.

For God is in heaven, and you on earth;

Therefore let your words be few.

Ecclesiastes 5:2 (NASB)

2 Do not be hasty in word or impulsive in thought to bring up a matter in the presence of God. For God is in heaven and you are on the earth; **therefore let your words be few.**

Ecclesiastes 5:4-5

4 When you make a vow to God, do not delay to pay it;

For He has no pleasure in fools.

Pay what you have vowed—

5 Better not to vow than to vow and not pay.

James 1:19-20

19 So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath;

20 for the wrath of man does not produce the righteousness of God.

James 1:25-26

25 But he who looks into the perfect law of liberty and continues in it, and is not a forgetful hearer but a doer of the work, this one will be blessed in what he does.

26 If anyone among you thinks he is religious, and does not bridle his tongue but deceives his own heart, this one's religion is useless.

Bridle your tongue or deceive your heart. If not — our “religion” is useless... worthless.

James 3:1-12

1 My brethren, let not many of you become teachers, knowing that we shall receive a stricter judgment.

2 For we all stumble in many things. If anyone does not stumble in word, he is a perfect man, able also to bridle the whole body.

3 Indeed, we put bits in horses' mouths that they may obey us, and we turn their whole body.

4 Look also at ships: although they are so large and are driven by fierce winds, they are turned by a very small rudder wherever the pilot desires.

5 Even so **the tongue is a little member and boasts great things.**
See how great a forest a little fire kindles!

6 And **the tongue is a fire, a world of iniquity.** **The tongue is so set among our members that it defiles the whole body, and sets on fire the course of nature; and it is set on fire by hell.**

7 For every kind of beast and bird, of reptile and creature of the sea, is tamed and has been tamed by mankind.

8 But **no man can tame the tongue.** **It is an unruly evil, full of deadly poison.**

9 **With it we bless our God and Father, and with it we curse men,** who have been made in the similitude of God.

10 **Out of the same mouth proceed blessing and cursing.** My brethren, these things ought not to be so.

11 Does a spring send forth fresh water and bitter from the same opening?

12 Can a fig tree, my brethren, bear olives, or a grapevine bear figs? Thus no spring yields both salt water and fresh.

Our words reflect what's in our hearts. A converted heart — a Godly spirit — shows in our words. Up building? Positive? Kind?

Murmuring ... complaining — remember ancient Israel in the wilderness. Their constant complaining revealed what was in their hearts — doubtful and they were fault-finding and bitter.

Something practical we can monitor ourselves.

Ephesians 4:20-24

20 **But you have not so learned Christ,**

21 **if indeed you have heard Him and have been taught by Him, as the truth is in Jesus:**

22 that you **put off,** concerning your former conduct, the old man which grows corrupt according to the deceitful lusts,

23 and **be renewed in the spirit of your mind,**

24 and that you **put on the new man which was created according to God, in true righteousness and holiness.**

A renewed mind and heart?

Ephesians 4:29-32

29 **Let no corrupt word proceed out of your mouth, but what is good for necessary edification,** that it may impart grace to the hearers.

30 And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption.

31 **Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice.** *(Everything here is about words that come out of our mouth)*

32 And **be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you.**

Words that reflect our renewed heart.

How are we doing?

Psalms 19:7-11

7 **The law of the LORD is perfect,** converting the soul; *(Law=Torah — instruction)*

The testimony of the LORD is sure, making wise the simple;

8 **The statutes of the LORD are right,** rejoicing the heart;

The commandment of the LORD is pure, enlightening the eyes;

9 **The fear of the LORD is clean,** enduring forever;

The judgments of the LORD are true and righteous altogether.

10 More to be desired are they than gold,

Yea, than much fine gold;

Sweeter also than honey and the honeycomb.

11 Moreover by them Your servant is warned,

And in keeping them there is great reward.

The benefits of God's Word — The Bible.

Psalms 19:14

14 **Let the words of my mouth and the meditation of my heart**

Be acceptable in Your sight,

O LORD, my strength and my Redeemer.

The Heart and Mouth Connection. If it's based on the influence of God's Word — it will be "acceptable". Good!

Are our words ... and the heart that produces them — acceptable to God?

If our heart and mouth connection needs attention — then Bible reading and reflection is a good place to start!

Hide the Word of God in your heart and it is going to be beneficial to you and me.