

THE LINK BETWEEN OUR HEART AND OUR MOUTH

JAMIE MCNAB

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Most of us talk ... every day! Some more than others.

Talking (either to ourselves or to others) is a major aspect of our day to day lives.

However ... we may not always recognise the importance of our words ... or the great influence they can have ... on ourselves or others ... for good or for bad.

And even if we are aware ... we can often become forgetful ... or casual ... with our words ... saying just what we feel or what we think.

The Bible provides us with considerable information ... and quite a lot of advice ... about our words ... and how and when to use them.

The Bible often talks about the fruit we provide in our lives. Typically that fruit is either the things we do ... or the words that we speak.

Is the fruit of our lips good or bad? Are our words wise or foolish? Helpful or destructive? Does it matter?

Matthew 12:31-37 (NKJV)

31 "Therefore I say to you, every sin and **blasphemy** (*bad words*) 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.** *(Some words will lead people into the Lake of Fire)*

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.** *(Pointless words ... useless words ... rude words?)*

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

What occupies our heart ... in abundance ... WILL COME OUT.

There is an important connection between the heart and mouth. If our mouth causes us trouble ... we may need to look to our heart?

Luke 6:45 (NKJV)

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.** *(Speaks/leaks)*

Bring forth ... from the heart ... BY SPEAKING!

There is a connection between the heart and mouth.

We will see that there is also a connection between faith and our mouths ...because faith is “brought out/manifested” BY SPEAKING!

Jesus gave us a good example.

Mark 11:12-14 (NKJV)

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 what was in His heart. He was speaking out loud. Speaking words of destruction over the tree.

Let’s look at the explanation.

Mark 11:20-23 (NKJV)

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."

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.

NB: Doesn't doubt in his heart ... but believes what is in his heart ... he will have what he says. You will have what you believe and say.

Romans 10:8-10 (NKJV)

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 IN OUR MOUTH AND IN OUR HEART.

Heart = believes

Mouth = speaks (confesses)

Again ... we see a heart and mouth connection. They're closely linked.

If we have a good heart ... our words will reveal that. And vice versa!

And ... if our heart is not quite right ... we can renew it ... by not being conformed to this world.

For many ... especially in the world ... it's more common to use negative words. What about us? Could it apply to you and me? Most of the time people's words are negative and injurious.

Matthew 15:7-11 (NKJV)

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

8 'These people draw near to Me with their mouth, And honour 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.”**

Let’s look at the explanation.

Matthew 15:15-20 (NKJV)

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.”

Heart and mouth connection!

We should be aware of our words. Be conscious of what we’re saying when we are talking. What does it reveal of our heart?

If we’ve got a converted heart ... a spirit-filled heart ... what would our words be like? If our words are dodgy ... what would that say about our heart?

Proverbs 4:20-27 (NKJV)

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, (guard your heart)
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.

Watch what goes in to our heart. Monitor carefully what goes in ... and ... what comes out! Don't let bad words come out.

The Book of Proverbs hints at the Heart and Mouth Connection.

Proverbs 15:28 (NKJV)

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

The heart ponders/meditates/studies what words to use!

THINK BEFORE YOU SPEAK ... "ENGAGE YOUR BRAIN BEFORE OPENING YOUR MOUTH".

Proverbs 16:23-24 (NKJV)

23 **The heart of the wise teaches his mouth,**
And adds learning to his lips. (*Makes wise his mouth ... educates his mouth*)
24 **Pleasant words are like a honeycomb,**
Sweetness to the soul and health to the bones.
25 **There is a way that seems right to a man,**
But its end is the way of death.

Proverbs 18:20-21 (NKJV)

20 **A man's stomach shall be satisfied from the fruit of his mouth;**
From the produce of his lips he shall be filled.
21 **Death and life are in the power of the tongue,**
And those who love it will eat its fruit.

Life and death ... blessing and cursing ... good things or bad things. You choose.

Psalms 37:27-31 (NKJV)

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.

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

31 **The law of his God is in his heart;
None of his steps shall slide.**

Ecclesiastes 5:1-2 (NKJV)

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.**

Let's look at the New Testament.

James 1:19-20 (NKJV)

19 So then, my beloved brethren, **let every man be swift to hear, slow to speak, slow to wrath;** *(be slow to speak words of anger)*

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

James 1:19 (AMP)

19 ... **slow to speak, slow to take offense and to get angry.**

James 1:26 (NKJV)

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.**

James 1:26 (NIV)

26 **Those who consider themselves religious and yet do not keep a tight rein on their tongues deceive themselves, and their religion is worthless.**

Do you think you are “religious”? Do you pass this test? We recently examined ourselves at Passover. Here’s one test ... if you’re religious ... is your tongue bridled?

Whilst in James ... let’s look at the following verses.

James 3:1-12 (NKJV)

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. (CONTROL YOUR TONGUE!)**

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. (No unconverted 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.

A good converted heart should produce good words. Heart and Mouth consistent and aligned!

There are a couple of illustrations of the power of our words ... both side by side ... in the Gospel of Luke. One good example ... and one not so good. ☹️

Luke 1:5-15 (NKJV)

5 **There was in the days of Herod, the king of Judea, a certain priest named Zacharias, of the division of Abijah. His wife was of the daughters of Aaron, and her name was Elizabeth.**

6 And **they were both righteous before God, walking in all the commandments and ordinances of the Lord blameless.**

7 But they had no child, because Elizabeth was barren, and they were both well advanced in years.

8 So it was, that while he was serving as priest before God in the order of his division,

9 according to the custom of the priesthood, his lot fell to burn incense when he went into the temple of the Lord.

10 And the whole multitude of the people was praying outside at the hour of incense.

11 Then an angel of the Lord appeared to him, standing on the right side of the altar of incense.

12 And when Zacharias saw him, he was troubled, and fear fell upon him.

13 But the angel said to him, **“Do not be afraid, Zacharias, for your prayer is heard; and your wife Elizabeth will bear you a son, and you shall call his name John.”**

14 And you will have joy and gladness, and many will rejoice at his birth.

15 For he will be great in the sight of the Lord, and shall drink neither wine nor strong drink. He will also be filled with the Holy Spirit, even from his mother’s womb.

Good news for Zacharias!

Luke 1:18-20 (NKJV)

18 And **Zacharias said to the angel, “How shall I know this? For I am an old man, and my wife is well advanced in years.”** *(he’s praying for something which he doesn’t believe)*

19 And **the angel answered and said to him, “I am Gabriel, who stands in the presence of God, and was sent to speak to you and bring you these glad tidings.”**

20 **But behold, you will be mute and not able to speak until the day these things take place, because you did not believe my words which will be fulfilled in their own time.”**

He didn't believe. Gabriel didn't leave developments to chance. Zacharias may be a negative person? He may mess things up if allowed to continue. So.

- A sign ... Dumb until all these things come to pass
- Safety Feature ... Close his mouth. He'll destroy everything by his negative words.

(Gabriel knew that, "Death and life are in the power of the tongue").

Compare with the Virgin Mary.

Luke 1:26-38 (NKJV)

26 Now in the sixth month the angel Gabriel was sent by God to a city of Galilee named Nazareth,

27 to a virgin betrothed to a man whose name was Joseph, of the house of David. The virgin's name was Mary.

28 And having come in, **the angel said to her, "Rejoice, highly favoured one, the Lord is with you; blessed are you among women!"**

29 But when she saw him, she was troubled at his saying, and considered what manner of greeting this was.

30 Then **the angel said to her, "Do not be afraid, Mary, for you have found favour with God.**

31 And behold, you will conceive in your womb and bring forth a Son, and shall call His name Jesus.

32 He will be great, and will be called the Son of the Highest; and the Lord God will give Him the throne of His father David.

33 And He will reign over the house of Jacob forever, and of His kingdom there will be no end."

34 Then **Mary said to the angel, "How can this be, since I do not know a man?"**

35 And **the angel answered and said to her, "The Holy Spirit will come upon you, and the power of the Highest will overshadow you; therefore, also, that Holy One who is to be born will be called the Son of God.**

36 Now indeed, Elizabeth your relative has also conceived a son in her old age; and this is now the sixth month for her who was called barren.

37 For with God nothing will be impossible."

38 **Then Mary said, "Behold the maidservant of the Lord! Let it be to me according to your word."** And the angel departed from her.

Mary believed in her heart. She simply said, "Let it Be".

Mary's words confirmed what was in her heart. She accepted ... believed ... spoke.

The rest is history!

Psalms 19:14 (NKJV)

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.**

Once again ... Heart and Mouth connection.

DEATH AND LIFE ARE IN THE POWER OF THE TONGUE. In mine and your heart.

We use our tongues all day ... every day. What do they reveal about the state of our hearts?

Do we hear ourselves speak kind words ... gentle words ... upbuilding words ... positive words ... that other people benefit from too?

OR:

Are our words ... critical ... judgmental ... murmuring ... negative ... ungrateful ... selfish?

If we ask God to consider and weigh up our words and thoughts ... what would He make of them?

So ... let's watch out for our words ... our patterns of speech. If they need attention ... then does our heart need attention?!!