

Speaking From the Heart

Texts: Matthew 6:19–24; 12:33–37; Psalm 1; Philippians 4:8

Big Idea

If the eye is the lamp of the body, then the mouth is the megaphone of the soul. Your words aren't random—they reveal your roots.

Open

Jesus links our inner life to our outer words. In **Matthew 6**, He warns us about treasure and vision: what we fix our eyes on fills us with either light or darkness. In **Matthew 12**, He presses deeper: “Out of the abundance of the heart the mouth speaks.” Put the two together and you get a vivid picture:

- **Eye = lamp** (what you take in).
- **Heart = roots** (who you truly are).
- **Mouth = megaphone** (what naturally overflows).

Old preachers said it this way: *whatever's down in the well will come up in the bucket.*

In a world obsessed with impressions—editing posts, polishing captions, curating feeds—Jesus goes beneath the polish to the roots. We can “polish the fruit” all day, but if we ignore the roots, the tree will tell the truth.

A Tree, a Heart, and Your Words

Jesus says, “Either make the tree good and its fruit good, or make the tree bad and its fruit bad... for the tree is known by its fruit” (**Matt. 12:33**).

Think of your life as a tree:

- **Soil** = your **influences** (what you dwell on, who shapes you).
- **Roots** = your **heart/treasure** (what you truly love).
- **Fruit** = your **words** (tone, speech, posts, conversations).

The question isn't whether your words reveal you—they do. The question is what they reveal.

Three Ways to “Make the Tree Good”

1) Till the Soil (evaluate your influences)

Psalm 1 opens with the company and counsel we keep. Blessed people refuse the counsel of the wicked and instead *delight* in God's law, *meditating day and night*. **Philippians 4:8** calls us to dwell—linger, saturate—on what is true, honorable, just, pure, lovely, commendable, excellent, and praiseworthy.

Practical evaluation:

- What voices run on repeat in your mind—news, ads, influencers, peers?
- What habits are shaping your inner world—Scripture, prayer, worship, Christian community?
- What you repeatedly **think on** is what you eventually **speak out**.

2) Guard Your Roots (clarify your treasure)

“Where your treasure is, there your heart will be also” (**Matt. 6:21**). Your treasure sets your tone. If self, status, relationships, or money sit in the treasure box, your speech will bend toward self-promotion, comparison, and anxiety. But if Christ is your treasure, your tone will grow in humility, service, truth, and grace.

Principle: The more you treasure Jesus, the more your tone sounds like Jesus. True success isn't having more; it's **becoming more like Christ** in whatever you have.

3) Nourish the Tree (abide in Christ)

You can't reproduce what you haven't received. The secret to a renewed mouth is a rooted heart—**abiding** in Christ. As His presence goes deeper, He both **uproots** what chokes life and **plants** what bears life. Over time, the griefs you've suffered, the prayers you've prayed, and the Scriptures you've stored become holy reserves of grace for others.

Summary line: When **Christ fills the roots**, **grace grows in the fruit**.

Application

- **Audit your inputs this week.** Replace ten minutes of scrolling with ten minutes in Psalm 1 or Philippians 4:8.
- **Name your treasure.** Write it down honestly. Then ask the Lord to re-center your heart on Jesus.
- **Practice speech that fits your roots.** Before you post or reply, ask: *Does this sound like*

someone who treasures Christ?

- **Abide intentionally.** Start your day by surrendering your heart and schedule to Jesus; end your day rehearsing His promises over your feelings.

Invitation

Have you received Christ? You cannot speak the life of Jesus without the life of Jesus within. Invite Him to search your heart, uproot what harms, and plant more of Himself.

Selected Q&A (Condensed)

On feelings of inadequacy:

Don't let feelings drive you away from God; bring them to God. Like Jesus in Gethsemane, pray, "Nevertheless, not as I feel, but according to Your Word." Put truth on repeat until your heart catches up.

On alcohol (wisdom posture):

Scripture forbids drunkenness clearly. I choose not to drink as a wisdom issue and because of family history with addiction. The path of wisdom asks not just, "Is it allowed?" but, "Will it lead me toward holiness and love?"

On discerning trials vs. exits:

God doesn't tempt us to sin, but He uses trials to shape us. If a situation consistently pulls you *from* Christ, seek a faithful change. If every open door would require disobedience, wait where you are and let Him refine you until He opens the right door.