

## War of the WORDS

Week 2 - Understanding My Heart ~ where my words come from  
September 17, 2006

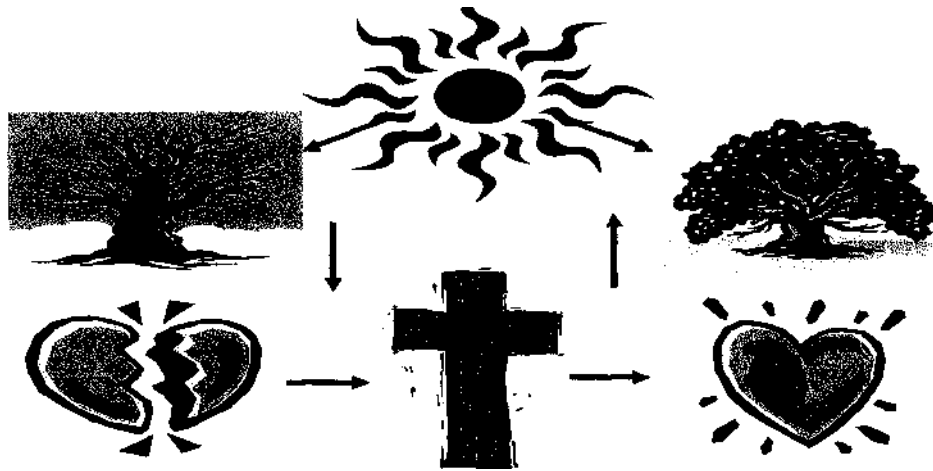
How God sees me now as a Christ-follower...

- *So we are Christ's ambassadors; God is making his appeal through us. We speak for Christ...*  
2 Corinthians chapter 5 verse 20 (884)
- *And whatever you do or say, do it as a representative of the Lord Jesus....*  
Colossians chapter 3 verse 17 (904)

What does my heart have to do with any of this?

*Jesus said, "For whatever is in your heart determines what you say. A good person produces good things from the treasury of a good heart, and an evil person produces evil things from the treasury of an evil heart. And I tell you this, you must give an account on judgment day for every idle word you speak."*

Matthew chapter 12 verses 34-36 (743)



The "Sun" - the heat pressures of life

*Jesus said, "Here on earth you will have many trials and sorrows." John chapter 16 verse 33 (825)*

The "Bad Fruit Tree" - our sinful behavior

*Jesus said, "From the heart come evil thoughts, murder, adultery, all other sexual immorality, theft, lying, and slander. These are what defile you..." Matthew chapter 15 verses 19 & 20 (746)*

Our "Sinful Hearts"

- *As a face is reflected in water, so the heart reflects the real person. Proverbs chapter 27 verse 19 (501)*
- Contrary to popular opinion, our bad behavior is not caused by outside pressure, it's caused by our heart

How do I do this "heart work?"

1. I need to spend time reflecting on what is going on inside of me

- In our fast-paced culture, this takes time and effort
- It's sometimes painful as we start to see in ourselves things we don't really want to see - pride, selfishness, fear, etc.
- Ask yourself some reflective questions:
  - What am I feeling? What's under my anger? (fear, hurt, frustration)
  - What do I want in this situation that I'm not getting?

2. I need to be honest about what I discover

- ***You desire honesty from the heart so you can teach me to be wise in my inmost being. Psalm 51 verse 6 "***
- This is between God and me; I want to see myself as God sees me
- Examine my honest answers to my reflective questions so I can understand what's going on inside me:
  - Am I trying to win or am I trying to understand?
  - Am I hurt and I just want to hurt back?
  - What's my goal in this situation? Is it selfish?
  - What message am I sending this person with my words or attitudes?
- ***Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends you, and lead me along the path of everlasting life. Psalm 139 verses 23 & 24 (477)***
- As I sit before God in honest reflection, pride is replaced with humility, I confess what is in my heart to God, and God shapes a new heart within me

3. I need to deal with my expectations

- Expectations are formed in various ways - our upbringing, our culture, our own selfish desires
- Many times I'm not even aware I have certain expectations until I see myself explode when they're not met
- I need to be aware of the expectations that I put on others
- With God's help, I need to turn my expectations into desires (to desire is not to demand)
- Expect only from myself, desire from others

4. I need to see people & situations as God sees them

- We don't usually respond to people or situations on the basis of facts
- We tend to respond by how we interpret the facts or meaning that we give to events that happen to us
- I need to be sure to interpret the facts and situations in the same way God does
  - Consider others as more important than you - *Philippians 2:3*
  - Put the interests of others before your interests - *Philippians 2:4*
  - Be intentional about serving, not being served - *Philippians 2:7*
  - I am not to assume the motives of others /judge others - *James 4:11-12*
  - Give others the benefit of the doubt - *Ephesians 4:32*

5. Be aware of the messages I'm sending to others

- ***Always be humble and gentle. Ephesians chapter 4 verse 2 (896)***
- ***...take delight in honoring each other. Romans 12 verse 10 (866)***
- Often, we have no idea of the impact we're having on another
- Watch for clues in the other person
- Ask yourself what message you want to send, then be purposeful to use words & actions to send that message

The Cross of Christ

- ***The sacrifice you desire is a broken spirit. You will not reject a broken and repentant heart, O God.***  
*Psalm 51 verse 17 (436)*
- ***If we confess our sins to God, he is faithful and just to forgive us our sins and to cleanse us from all wickedness. 1 John chapter 1 verse 9 (941)***

A New Heart ~ a work of God

***God said, "I will give you a new heart, and I will put a new spirit in you. I will take out your stony, stubborn heart and give you a tender, responsive heart." Ezekiel chapter 36 verse 26 (655)***

The "Good Fruit Tree" ~ our new & right behavior

***As a face is reflected in water, so the heart reflects the real person. Proverbs chapter 27 verse 19 (501)***

*This study is based on book War of Words, by Paul David Tripp. Next -week we continue -with the topic "The Need for Forgiveness " ~ freeing ourselves from destructive words*