

From the Heart the Mouth Speaks

Oasis: A Self-Guided Prayer

Words just come. Before we know it we have spoken a harsh word to our spouse, our child, or our coworker and are not even sure where it came from. Unfortunately the things that are least thought about can be the most hurtful. We must be intentional with our words. James describes the tongue as the following:

How great a forest is set ablaze by such a small fire! ⁶ And the tongue is a fire, a world of unrighteousness. The tongue is set among our members, staining the whole body, setting on fire the entire course of life,^[a] and set on fire by hell.

James 3:5-6

Our tongues are powerful members, lighting an entire course of life on fire! James also says the tongue is a *restless evil, full of deadly poison*. It is true that when we have a heart with pieces of jealousy, greed, envy, lust, pride, selfish ambition in it, we become restless. Eventually those jagged pieces of our hearts will come out of our mouths. Luke states it as followed:

⁴⁵ The good person out of the good treasure of his heart produces good, and the evil person out of his evil treasure produces evil, for out of the abundance of the heart his mouth speaks.

Luke 6:45

We cannot hide what is going on in our hearts, but we try to cover it up. If we feel insecure about something, sometimes our mouths speak criticism. If we feel fear about something, sometimes our mouths speak anger. What is going on in our hearts does not always directly align with what we are saying, but it is always the heart is always the well from which our words are drawn.

I want to encourage you as God leads you to rediscover your heart. You might need to start with your words. Have you said a critical word this week? A hateful word? Or a selfish and prideful word? God's love covers all, even the jagged pieces of our hearts. Ask God to bring to the surface what was behind your words. What was behind the put down? What was behind the little lie or the stretched truth? Was it pride, embarrassment, or jealousy? Give those to God. Lift those up in prayer.

You are forgiven. You are loved. You are treasured, and your words do not define you. So let them go.

Are there amends that need to be made? Honest conversations to be had? If so, ask God to guide you in this area. Write out what you might say and what you think God is calling you to say.

Read the following scripture knowing that God hears our prayers.

Let the words of my mouth and the meditations of my heart be acceptable in your sight, O Lord, my rock and my redeemer.

Psalms 19:14

Our words are one of the hardest things to tame, but if we can get to the heart issue behind our words, we will soon hear words flowing out of our mouths that we may not have ever imagined. Words of love, selflessness, humility, honor, patience, joy, encouragement. Pray that God will transform your heart into a spring full of living water, full of life.

As you leave today there is a baptismal font set up in the back of the sanctuary. You may touch the water however you feel comfortable, and remember that God is doing a new thing in you and He has washed the dirt and muck from all of our lives and is cleansing you, God's child. Know that God is constantly in the business of renewing your heart. Feel the fresh water and know that God is pouring fresh water back into your soul. Thanks be to God for forgiveness, peace, refreshment and genuine, unconditional love. Amen.