



2 CORINTHIANS 4:23 (NIV)

Above all else, guard your heart for everything you do flows from it.

MATTHEW 5:10-11, 15-20 (NLT)

Then Jesus called the crowd to come and hear. “Listen,” he said, and try to understand. ¹¹It’s not what goes into your mouth that defiles you; You are defiled by the words that come out of your mouth” ¹⁵Then Peter said to Jesus, “Explain to us the parable that says people aren’t defiled by what they eat.” ¹⁶“Don’t you understand yet?” Jesus asked. ¹⁷“Anything you eat passes through the stomach and then it goes into the sewer. ¹⁸But the words you speak come out of the heart—that’s what defiles you. ¹⁹For from the heart comes evil thoughts— murder, adultery, all sexual immorality, theft, lying and slander. ²⁰These are what defile you. Eating with unwashed hands that will never defile you.”

LUKE 6:43-45 (NIV)

No good tree bears bad fruit, nor does a bad tree bear good fruit. ⁴⁴Each tree is recognized by its own fruit. People don’t pick figs from thorn bushes or grapes from briers. ⁴⁵A good man brings good things out of the good stored up in his heart, and an evil man brings evil things out of the evil stored up in his heart.

► Your heart is the _____
of your life and soul.

DO YOU HEAR YOURSELF?

BIG IDEA: What _____ of you is an Indicator of what’s _____ of you.

QUESTION: What are you _____
In your heart?

CONNECTION: Our _____
are often linked to something deeper going on inside us.

ROMANS 12:2 (NLT)

Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think.

TRANSFORMATION STEPS:

1. _____ yourself: Words
2. Look _____: Feelings
3. Be _____: Thoughts

The Bottom Line

Heart work is _____!