

What's on God's heart?

What we fill our lives with truly matters because it overflows into our words and actions. Matthew 12:34 reminds us that "out of the fullness of the heart, the mouth speaks." So, it's worth asking ourselves: What are we filling our hearts with? And what are we speaking?

It's easy to get caught up in the noise around us, especially from the news. While being informed is important, we need to exercise self-control and not let it consume us. The news often reflects the un-renewed minds of people, filled with fear, negativity, and conflict. Romans 12:2 offers a solution—renewing our minds through God's Word. This helps us focus on truth rather than being shaped by the world.

A simple way to check what we're filled with is by listening to what comes out of our mouths. Are our words uplifting and aligned with God's truth, or are they reflective of fear, envy, or pride?

Mark 7:14-23 emphasizes that it's not what goes into us that defiles us, but what comes out of our hearts. Jesus lists things like wicked thoughts, deceit, slander, and pride as examples of what can make us spiritually unclean. These don't come from external sources—they originate within us.

So, let's be mindful of what we're feeding our hearts and spirits. Let's fill up on God's Word, wisdom, and love so that what overflows from us is pure and life-giving.

Another perspective.

This message emphasizes the profound impact of what we allow to fill our hearts and minds, as it directly influences our words, behaviors, and spiritual well-being. Drawing from scriptural references, the key focus is on self-reflection, discernment, and intentionality in what we consume mentally and spiritually.

Key Points to Consider:

1. The Overflow of the Heart Reflects in Our Words (Matthew 12:34)

What we speak is a direct indicator of the abundance within our hearts. If our hearts are filled with negativity, fear, or worldly distractions, it will inevitably manifest in our speech. Conversely, a heart filled with God's Word and truth will overflow with life-giving and edifying words.

2. Self-Examination of Speech and Guidance

Questions such as "What are we speaking?" and "Where are we guided?" challenge us to assess whether our lives align with divine principles or are influenced by external, often unrenewed, perspectives. These questions serve as tools for introspection and spiritual alignment.

3. Caution Regarding External Influences

The text warns about the potential spiritual impact of consuming excessive news or worldly content. While staying informed is important, overexposure can lead to internalizing the unrenewed thoughts and behaviors of others. This calls for self-control and a balanced approach to information intake.

4. The Remedy: Renewal of the Mind (Romans 12:2)

To counteract the negative influences of the world, believers are encouraged to renew their minds through God's Word. This transformation enables discernment of God's will and cultivates a heart filled with righteousness, peace, and joy.

5. The Source of Defilement (Mark 7:14-23)

Jesus' teaching in Mark 7 highlights that defilement does not come from external sources but from the evil thoughts and desires that originate within the human heart. This underscores the importance of guarding our hearts and addressing internal attitudes that could lead to spiritual harm.

Practical Applications:

- **Monitor Your Speech:** Regularly evaluate the words you speak as they reveal the state of your heart. Are your words uplifting, truthful, and aligned with God's Word?
- **Filter Your Intake:** Be mindful of what you consume mentally and spiritually. Limit exposure to content that promotes negativity or ungodliness, and instead, immerse yourself in Scripture and other edifying materials.
- **Guard Your Heart:** As Proverbs 4:23 advises, "Above all else, guard your heart, for everything you do flows from it." Protect your heart by filling it with God's truth rather than worldly distractions.
- **Practice Self-Control:** Engage with news or secular media in moderation. Avoid becoming overly attached or influenced by narratives that may not align with a renewed mind.
- **Pursue Renewal Daily:** Commit to daily prayer, meditation on Scripture, and seeking God's guidance to continually renew your mind and align your heart with His will.

In conclusion, the condition of our hearts determines the quality of our words and actions. By intentionally filling our lives with God's Word and guarding against harmful influences, we can cultivate a life that reflects His truth and love. Let us strive to be mindful stewards of what enters our hearts so that what flows out is pure, edifying, and honoring to God.

Another perspective.

What are we filling our lives with? Out of the abundance of the heart, the mouth speaks (Matthew 12:34). Be mindful of what you consume—words, media, and influences. Fill up on God's Word, not the unrenewed mind of the world (Romans 12:2). What flows out reveals what's within.

Another perspective.

The content we allow to fill our hearts and minds profoundly shapes our words, actions, and overall direction in life. As highlighted in Matthew 12:34, "For out of the fullness (the overflow, the superabundance) of the heart the mouth speaks." This verse serves as a reminder that what we speak reflects what we carry in abundance within us.

It is essential to evaluate what we are speaking and consider the source of our guidance. Are we influenced by God's Word, or are we absorbing the unrenewed thoughts of the world? Romans 12:2 provides a clear remedy: "Do not conform to the pattern of this world, but be transformed by the renewing of your mind." This renewal comes through immersing ourselves in Scripture rather than being consumed by worldly narratives, such as those often portrayed in the news.

While staying informed is important, discernment and self-control are critical. The news frequently reflects the behaviors and words of unrenewed minds. Listening without being overly attached allows us to maintain focus on what truly edifies and uplifts.

Mark 7:14-23 further emphasizes that it is not external influences but what comes from within—our thoughts, attitudes, and words—that can defile us. Evil thoughts, deceit, pride, and other harmful traits originate from the heart and reveal what we are truly filled with. Therefore, guarding our hearts and minds is paramount.

To evaluate what fills us, we need to only observe our speech and actions. If they align with God's truth and reflect His love and wisdom, we are on the right path. However, if negativity, fear, or harmful patterns emerge, it may be time to refocus on God's Word.

Let us remain vigilant about what we consume mentally and spiritually, filling our hearts with truth, grace, and wisdom. By doing so, we ensure that what overflows from within brings light and life to those around us.

[Click here.](#) Main resource.

Why the tree throughout the video?

Creation, garden, good soil, planted, root system, nourishment, productive, fruitful, stable, protection, leaves, shade, and leaves blowing, flow with the Holy Spirit, wood, the Cross.