



Lesson 54 – Speaking from the Heart

For the lesson today I would like to focus on one thought the Lord put forth in our last meeting when he asked us:

Do you speak from the heart? Chapter and verse becomes a competition but this is not a contest. This is eternity. This is serious business.

He was talking about how we speak (as His followers) about Him to others. With just a very few words He asked if we speak from the heart when we are teaching or even when we are just talking about Him to others. He explained that if we put too much focus or emphasis on quoting scripture we run the risk of turning the conversation into a competition. And we all know that a competition by its very nature means that someone is going to win and someone else is going to lose. Competition spurs some towards the philosophy of anything goes; winning is what's important, no matter the cost. This sounds great for a sporting event but not so good for a conversation about the Lord but believe me it can happen.

Philippians 2:14-16a

Do all things without complaining and disputing that you may become blameless and harmless, children of God without fault in the midst of a crooked and perverse generation, among whom you shine as lights in the world, holding fast to the word of life,

1 Peter 2:1-2

Therefore, laying aside all malice, all deceit, hypocrisy, envy and all evil speaking, as newborn babes, desire the pure milk of the word, that you may grow thereby if indeed you have tasted that the Lord is gracious.

The Lord does not want us to conduct ourselves in such a negative manner; so let's think about "speaking from the heart". The heart is believed to be the center of one's emotions. So a heartfelt conversation or speaking from the heart is going to be a conversation that is deeply or sincerely felt. However, you know the first thought that came to my mind from these words the Lord gave us was actually an image of people knocking on my door asking to talk to me about the Lord. I guess we have all had this happen at one time or another. The few times it has happened to me the conversation seemed forced, rehearsed, and one-sided. It definitely did not seem heartfelt. It seemed more like an assignment for the speaker as opposed to a passion or love. I knew this was not what the Lord had in mind for us.

Following that image I tried to find a definition for "speaking from the heart" on the internet but nothing really came up. Therefore in an attempt to define it myself I decided there are several elements to speaking from the heart we should examine. These elements are sincerity, faith and humility.

The definition of sincere is honest (free from fraud or deception; genuine, real; reputable, respectable; creditable, praiseworthy; marked by integrity), pure, and true. If we are speaking from our heart we will definitely be telling the truth and speaking sincerely.

2 Corinthians 2:17

For we are not, as so many, peddling the word of God; but as of sincerity, but as from God, we speak in the sight of God in Christ.

1 Peter 2:21-23

For to this you were called, because Christ also suffered for us, leaving us an example, that you should follow His steps: Who committed no sin, nor was deceit found in His mouth; who when He was reviled, did not revile in return; when He suffered, He did not threaten, but committed Himself to Him who judges righteously.

Deceit was not found in Christ. The Bible tells us in **Titus 1:2** that God cannot lie. We should not lie either but instead speak honestly and purely following Christ's example.

And the definition of faith is loyalty, belief in something for which there is no proof. I think believing what you are saying, having faith in it, is an element of speaking from the heart. I guess the best way to describe it actually is saying being positive or sure, certain about whatever you are speaking about; in this case, life with Christ. I would summarize it by saying as His children we should have conviction when speaking of Christ.

Philemon 4-7 *I thank my God, making mention of you always in my prayers, hearing of your love and faith which you have toward the Lord Jesus and toward all the saints, that the sharing of your faith may become effective by the acknowledgment of every good thing which is in you in Christ Jesus. For we have great joy and consolation in your love, because the hearts of the saints have been refreshed by you, brother.*

This verse above tells us that our faith and our sharing refreshes our brothers. Let me explain this; have you ever been around someone who was being negative. Their faith in the world, people, or whatever has been shaken. In fact they had lost their faith in all things. Yes, it is possible to speak from the heart but have no faith. However, from our viewpoint, as followers of Christ displaying our faith through out speech or in other words, speaking positively, sure or certain, having conviction is essential. Our faith, our belief, our conviction will be refreshing to others.

Now we come to the last element, humility. The definition of humble is not proud, haughty or arrogant in other words not pushy. Don't forget we are looking at this from the standpoint of being His and I don't think His person who is speaking from the heart is going to be pushy, passionate yes, but not pushy.

1 Thessalonians 2: 1-8

For you yourselves know, brethren, that our coming to you was not in vain. But even after we had suffered before and were spitefully treated at Philippi, as you know, we were bold in our God to speak to you the gospel of God in much conflict. For our exhortation did not come from error or uncleanness, nor was it in deceit. But as we have been approved by God to be entrusted with the gospel, even so we speak, not as pleasing men, but God who tests our hearts. For neither at any time did we use flattering words, as you know, nor a cloak for covetousness—God is witness. Nor did we seek glory from men, either from you or from others, when we might have made demands as apostles of Christ. But we were gentle among

you, just as a nursing mother cherishes her own children. So, affectionately longing for you, we were well pleased to impart to you not only the gospel of God, but also our own lives, because you had become dear to us.

Ephesians 4:1-3; 11-15

I, therefore, the prisoner of the Lord, beseech you to walk worthy of the calling with which you were called, with all lowliness and gentleness, with longsuffering, bearing with one another in love, endeavoring to keep the unity of the Spirit in the bond of peace. And He Himself gave some to be apostles, some prophets, some evangelists, and some pastors and teachers, for the equipping of the saints for the work of ministry, for the edifying of the body of Christ, till we all come to the unity of the faith and of the knowledge of the Son of God, to a perfect man, to the measure of the stature of the fullness of Christ; that we should no longer be children, tossed to and fro and carried about with every wind of doctrine, by the trickery of men, in the cunning craftiness of deceitful plotting, but, speaking the truth in love, may grow up in all things into Him who is the head—Christ.

The verses above talked of “walking” with gentleness and love; humbly not haughtily. The Lord spoke to us on 5/28/11 and said, **Work on your blemishes. These are different from the three spots. Tie up loose ends before the questions come. Stay the course when doing the Lord’s work. Finish the job.**

Just like I said remove the plank from your eye before getting the speck from your neighbor’s likewise remember your/the sins which you have been forgiven. This will help you forgive others. Examine your life, where you were in the past to where you are now. Examine your growth as mine (my child) to help you teach others and to help you be more empathetic, sympathetic, loving, forgiving, patience etc. I felt like He was saying the character of my leaders is important. Our interactions with others are important. He stressed characteristics like empathy, sympathetic, loving, forgiving, and patience and He even stated that these would help us teach others. I think speaking from the heart is a continuation of this same line of thought.

1 Timothy 1:5

Now the purpose of the commandment is love from a pure heart, from a good conscience, and from sincere faith.

And the commandment being referred to in the verse above is:

Leviticus 19:18

You shall not take vengeance, nor bear any grudge against the children of your people, but you shall love your neighbor as yourself. I am the Lord.

You see the Lord knows us better than we know ourselves. He understands what touches another heart, after all, we are His creation. He knows that preaching at or lecturing, haughtiness, and competitiveness turn people off. But speaking sincerely with conviction and humility comes from above. They come from His wisdom.

James 3:17

But the wisdom that is from above is first pure, then peaceable, gentle, willing to yield, full of mercy and good fruits, without partiality and without hypocrisy.

Adopting and utilizing His wisdom in our life will touch others for Christ. We must remember the Lord said, **This is eternity. This is serious business.** Therefore speak from your heart and

be pleasing to the Lord. Do not lose heart if you don't get it right all the time. Refocus and keep working at it.

Philippians 3: 12-16

Not that I have already attained, or am already perfected; but I press on, that I may lay hold of that for which Christ Jesus has also laid hold of me. Brethren, I do not count myself to have apprehended; but one thing I do, forgetting those things which are behind and reaching forward to those things which are ahead, I press toward the goal for the prize of the upward call of God in Christ Jesus. Therefore let us, as many as are mature, have this mind; and if in anything you think otherwise, God will reveal even this to you. Nevertheless, to the degree that we have already attained let us walk, by the same rule, let us be of the same mind.

May the Lord Bless and Keep You,
Cindy

<http://www.takehisheart.com>