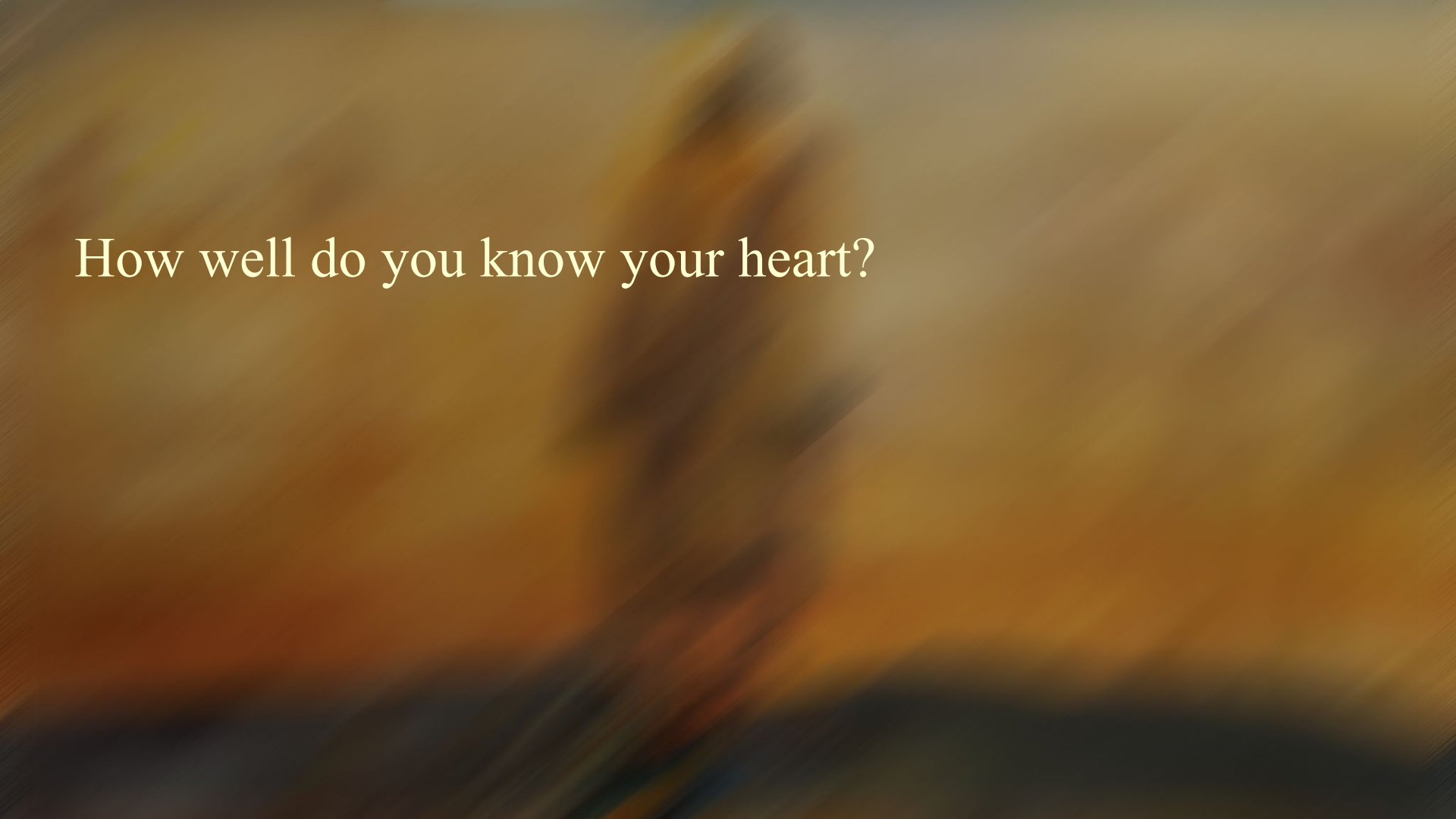


THE KING &
HIS *Cross*

Know Your Heart

Matthew 15:10–20



How well do you know your heart?

Matthew 15

10 Summoning the crowd, he told them,

“Listen and understand:

11 It’s not what goes into the mouth that defiles a person, but what comes out of the mouth—this defiles a person.”

12 Then the disciples came up and told him, “Do you know that the Pharisees took offense when they heard what you said?”

Matthew 15

13 He replied, “Every plant that my heavenly Father didn’t plant will be uprooted.

14 Leave them alone! They are blind guides. And if the blind guide the blind, both will fall into a pit.”

“There are only two kinds of people in the end:
those who will say to God, ‘Thy will be done,’ and
those to whom God will say, ‘Thy will be done.’”

-- C.S. Lewis

Matthew 15

15 Then Peter said, “Explain this parable to us.”

16 “Do you still lack understanding?” he asked.

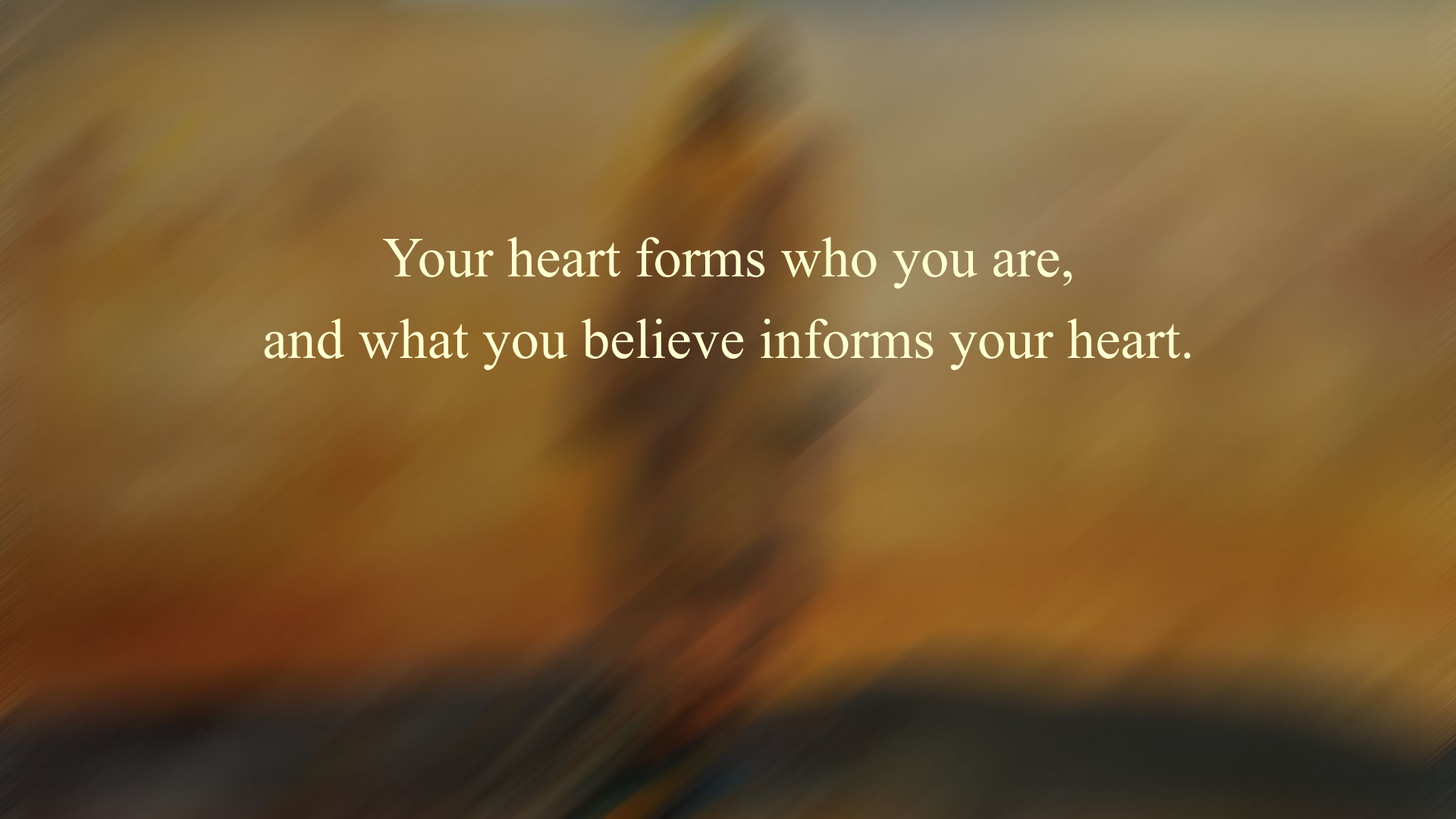
17 “Don’t you realize that whatever goes into the mouth passes into the stomach and is eliminated?

18 But what comes out of the mouth comes from the heart, and this defiles a person.

Matthew 15

19 For from the heart come evil thoughts, murders, adulteries, sexual immoralities, thefts, false testimonies, slander.

20 These are the things that defile a person; but eating with unwashed hands does not defile a person.”



Your heart forms who you are,
and what you believe informs your heart.

Putting away lies & Putting on Truth

Lie: What I have done is too sinful for God to forgive.

Truth: Christ's sacrifice is greater than the guilt of your past. (1 Jn 1:9)

Putting away lies & Putting on Truth

Lie: God must love others more than me because
their lives are easier

Truth: Hardship is not evidence of God's rejection.
Grace is revealed in suffering (Romans 5:3–5)

Putting away lies & Putting on Truth

Lie: If I keep my sin hidden, it really isn't hurting anyone and it would hurt others more if they knew.

Truth: Concealed sin still corrupts the heart and relationships. (Proverbs 28:13)

Putting away lies & Putting on Truth

Lie: My desires must be true because I feel God has given them to me.

Truth: Feelings and desires are powerful, but not to be trusted. (Jeremiah 17:9)

Putting away lies & Putting on Truth

Lie: I am going to continue what I am doing because
God wants my happiness.

Truth: Sin promises happiness but eventually enslaves.
Joy is found only in our relationship to Christ.
(Psalm 16:11; John 8:34–36)

Putting away lies & Putting on Truth

Lie: I have a right to hold on to bitterness because of what happened to me and no one understands my hurt.

Truth: Sin against you does not permit you to harbor evil against another. Christ knows your hurt better than you.
(Ephesians 4:31–32)

Putting away lies & Putting on Truth

Lie: My marriage or family is too broken ever to change.

Truth: No family situation is beyond God's power to transform. (Ephesians 3:20)

Putting away lies & Putting on Truth

Lie: Obedience will cost me more than sin will.

Truth: Sin hides its consequences. God's commands are not designed to rob us of life, but lead to real life.
(James 1:14–16)

Putting away lies & Putting on Truth

Lie: None of this matters because I will never really change.

Truth: Your struggle may be long, but the Spirit has not finished his work in you.

(Philippians 1:6; 2 Corinthians 3:18)

Putting away lies & Putting on Truth

Lie: I will be happier if I get what I want.

Truth: Your deepest problem is not what God has withheld from you, but you not living for his glory and the love of others. (James 4:1–3)