

“Speaking from the Heart”

Lesson One: Created to Communicate

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👉 *“For the mouth speaks from that which fills the heart” (Matthew 12:34).*

Communication (our speech) is a critical factor in civilization

👉 It is a lifelong learning exercise👉 that is often marred by failure. Some will admit their failure, but others will 👉 never admit their failure—they justify their failure and project blame and wrong on others. Have you known some who refuse to say “I’m sorry. I should not have said that.”

👉 “Words” surround us. Joyful words, sad words, shy words, arrogant words, healing words, painful words, pious words, profane words are all a part of daily existence.

- ✓ There are some who can never be satisfied with words—no matter what you say, it is always heard wrong and constantly judged in a negative way.
- ✓ When you attempt communication with such people, the best counsel is offered by Paul, “But to me it is an insignificant matter that I would be examined by you, or by any human court; in fact, I do not even examine myself...the one who examines me is the Lord” (1 Corinthians 4:3).
- ✓ Just let them slice and dice you with their negativism, let them always see the bad that only they can see. Realize the Lord is hearing as well. James 5:9, “Do not complain, brothers and sisters, against one another, so that you may not be judged; behold, the Judge is standing right at the door.”
- ✓ The one who always quickly jumps, assuming you are the worse-never-do-anything-right person, 👉 fails to understand the basic principle of communication.
 - Proverbs 15:4, “A soothing tongue is a tree of life, But perversion in it crushes the spirit.”
 - Proverbs 18:21, “Death and life are in the power of the tongue, and those who love it will eat its fruit.”

There are almost 👉 one-million words in the English language. These offer a 👉 stockpile for either tools for building and understanding or weapons for destroying and deceiving.

Communication is an 👉 inside-out process. Your words are the outer expressions of your inner self! “The good person out of the good treasure of his heart brings forth what is good; and the evil person out of the evil treasure brings forth what is evil; for his mouth speaks from that which fills his heart” (Luke 6:45).

Your tone and your body language communicate much more than your words alone. Your words are the 👉 windows into your character. Your tone of disgust, accusations, or of humility, love and desire to communicate so others “see” who you are!

Our speech quickly 👉 betrays our commitment to God. “A little later the bystanders came up and said to Peter, ‘You really are one of them as well, since even the way you talk gives you away’” (Matthew 26:73).

Your communication is 👉 influenced by a number of variables (family dynamics; genes inherited; cultural upbringing; etc). BUT the fact remains, regardless of genetic proclivities or family dynamics, 👉 each is responsible for HOW they talk. They may reflect family dynamics, but they are personally responsible for their words!

👉 **Communication was “in the beginning.”**

The Bible begins with communication (and also ends with communication!).

- ✓ God spoke (Genesis 1:3)
- ✓ Adam was tasked with naming creation (Genesis 2:19)
- ✓ Confusion results in poor communication (Genesis 11—Babel)

- ✓ Throughout the Bible God’s “Word” was given for mankind to have peace and salvation with God. When God’s “Word” was modified, ignored or rejected, there was evil.

🔑 Communication is infected by sin.

God’s communication is clear; it is easily understandable. But man’s sinfulness garbles that clarity (Genesis 3—communication was confused, and God’s Word was rejected and the Garden of Eden was lost!).

Communication breakdown occurs when sin enters because those involved in the communication process CHOOSE to follow sin. Some are burdened by guilt; some are self-righteous never imagining that they are in the wrong; some are biased because of family involved; some refuse to accept personal responsibility for their tone of speech. Consequently yelling, accusations, projection of vile sin onto others, hysterics, etc., all erupt. Such is an ungodly environment!

- ✓ Words are not insignificant. Following a harsh, bitter retort it is common to hear: “Oh, you just get your feelings hurt too easily!” “Well, you deserved that.” “Oh well, I was tired and you should just overlook what I do.” “I was just joking.” Never any personal apology—in fact there is often a deliberate resistance (hardhearted stubbornness) to confess personal failing by rationalizing and shrugging off the evil action.
- ✓ 🔑 Words reveal what is inside you.
- ✓ 🔑 Words are a BIG SPIRITUAL deal.
- ✓ 🔑 Words spoken rashly, rudely, selfishly creates alienation.
- ✓ Some are so very pious as they look scornfully on profanity, but do so with words that are just as evil!

🔑 Who is responsible for our words? Have we considered the Lord’s statement, “But I tell you that for every careless word that people speak, they will give an account of it on the day of judgment. For by your words, you will be justified, and by your words you will be condemned” (Matthew 13:36-37).

🔑 Never minimize the significance of your words!

🔑 Communication sins in the Bible

ANGRY TALK—words uttered in a fit of anger; a sudden outburst of wrathful speech.

2 Corinthians 12:20, “For I am afraid that perhaps when I come I may find you to be not what I wish, and may be found by you to be not what you wish; that perhaps *there will be* strife, jealousy, angry tempers, selfishness, slanders, gossip, arrogance, disturbances”

Colossians 3:8, “But now you also, rid yourselves of all of them: anger, wrath, malice, slander, and obscene speech from your mouth.”

🔑 **BOASTING, ARROGANT TALK**—bragging, conceit, self-centered, self-glorifying words and behavior. “Do this MY way because it is better.”

2 Timothy 3:2, “For people will be lovers of self, lovers of money, boastful, arrogant, slanderers, disobedient to parents, ungrateful, unholy”

James 4:16, “But as it is, you boast in your arrogance; all such boasting is evil.”

🔑 **BLASPHEMY**—speaking contemptuously of the Holy.

1 Timothy 1:20, “Among these are Hymenaeus and Alexander, whom I have handed over to Satan, so that they will be taught not to blaspheme.”

1 Timothy 6:1, “All who are under the yoke as slaves are to regard their own masters as worthy of all honor so that the name of God and our doctrine will not be spoken against.”

🔑 **COARSE JOKING**—vulgar humor, mocking of human dignity.

Ephesians 5:4, “there must be no filthiness or foolish talk, or vulgar joking, which are not fitting, but rather giving of thanks.”

☞ **DECEPTION; DISTORTION**—mingling Truth with false ideas.

2 Corinthians 2:17, "For we are not like the many, peddling the word of God, but as from sincerity, but as from God, we speak in Christ in the sight of God."

2 Corinthians 4:2, "we have renounced the things hidden because of shame, not walking in trickery nor distorting the word of God, but by the open proclamation of the truth commending ourselves to every person's conscience in the sight of God."

☞ **FLATTERY**—excessive and untrue praise; insincere compliments to gain personal advantage.

1 Thessalonians 2:5, "For we never came with flattering speech, as you know, nor with a pretext for greed—God is our witness."

Jude 16, "These are grumblers, finding fault, following after their own lusts; they speak arrogantly, flattering people for the sake of gaining an advantage."

☞ **GODLESS CHATTER**—profane and empty babbling; irreligious, misleading or worthless words.

1 Timothy 6:20, "protect what has been entrusted to you, avoiding worldly, empty chatter and the opposing arguments of what is falsely called 'knowledge'."

2 Timothy 2:16, "avoid worldly and empty chatter, for it will lead to further ungodliness, and their talk will spread like gangrene. Among them are Hymenaeus and Philetus."

☞ **GOSSIP**—spreading idle talk whether true or untrue; spreading rumors or personal information about others; betraying a confidence.

2 Corinthians 12:20, "For I am afraid that perhaps when I come, I may find you to be not what I wish, and may be found by you to be not what you wish; that perhaps there will be strife, jealousy, angry tempers, selfishness, slanders, gossip, arrogance, disturbances."

1 Timothy 5:13, "At the same time they also learn to be idle, as they go around from house to house; and not merely idle, but also they become gossips and busybodies, talking about things not proper to mention."

☞ **LYING**—false statements deliberately spoken.

Acts 5:4, "While it remained unsold, did it not remain your own? And after it was sold, was it not under your control? Why is it that you have conceived this deed in your heart? You have not lied to men, but to God."

Colossians 3:9, "Do not lie to one another, since you stripped off the old self with its evil practices."

☞ **OBSCENITY**—using profane or vulgar language; unwholesome conversation.

Ephesians 5:4, "there must be no filthiness or foolish talk, or vulgar joking, which are not fitting, but rather giving of thanks."

Colossians 3:8, "rid yourselves of...anger, wrath, malice, slander, and obscene speech from your mouth."

☞ **QUARRELING**—heated words; strife; unkind arguments.

1 Corinthians 3:3, "since there is jealousy and strife among you, are you not fleshly, and are you not walking like worldly people?"

2 Timothy 2:23-24, "refuse foolish and ignorant speculations, knowing that they produce quarrels. The Lord's bond-servant must not be quarrelsome, but be kind to all, skillful in teaching, patient when wronged."

☞ **SLANDER**—damaging another's reputation by speaking malicious or untrue things about them OR speaking the truth about a person but in a manner designed to ruin their reputation.

Ephesians 4:31, "All bitterness, wrath, anger, clamor, and slander must be removed from you, along with all malice."

James 4:11, "Do not speak against one another, brothers and sisters. The one who speaks against a brother or sister, or judges his brother or sister, speaks against the law and judges the law; but if you judge the law, you are not a doer of the law but a judge of it."

The common result 🗨️ when sin corrupts our communication—destruction!

- ✓ Trust is destroyed.
- ✓ Desire to continue communication is crushed.
- ✓ Reputations are destroyed.
- ✓ Love is destroyed.
- ✓ Respect for God and man is destroyed.

🗨️ Communication guided by the Bible tames the tongue

When is the last time you had an embarrassing “slip of the tongue?” When is the last time you “opened your mouth and inserted your foot?”

The Epistle of James uses strong language to describe the tongue that is willfully out of control.

“(T)he tongue is a fire, the very world of unrighteousness; the tongue is set among our body’s parts as that which defiles the whole body and sets on fire the course of our life, and is set on fire by hell. For every species of beasts and birds, of reptiles and creatures of the sea, is tamed and has been tamed by the human race. But no one among mankind can tame the tongue; it is a restless evil, full of deadly poison” (James 3:6-8).

The uncontrolled tongue has an unlimited destructive potential! The Rabbis say that the tongue is more dangerous than the hand: the hand kills only at close range but the tongue can kill at a distance.

Only God can successfully master man and his tongue!

🗨️ Pious words on Sunday do not offset the gossip on Monday, the profanity on Tuesday, the angry words on Wednesday, the slanderous words on Thursday, the arrogance on Friday or the godless chatter on Saturday!

We should strive to be like Job and NOT like his “friends.”

🗨️ “I have heard many things like these; Miserable comforters are you all! ... I too could speak like you ... I could compose words against you and shake my head at you. Or I could strengthen you with my mouth, and the condolence of my lips could lessen your pain” (Job 16:1-5).

🗨️ Listen to Proverbs’ wisdom on the untamed tongue:

Proverbs 11:9, “With his mouth the godless person destroys his neighbor, but through knowledge the righteous will be rescued.”

Proverbs 12:18, “There is one who speaks rashly like the thrusts of a sword, but the tongue of the wise brings healing.”

Proverbs 15:1, “A gentle answer turns away wrath, but a harsh word stirs up anger.”

Proverbs 15:4, “A soothing tongue is a tree of life, but perversion in it crushes the spirit.”

Listen to Proverbs’ wisdom on the tamed tongue:

Proverbs 10:21, “The lips of the righteous feed many, but fools die for lack of understanding.”

Proverbs 12:18, “There is one who speaks rashly like the thrusts of a sword, but the tongue of the wise brings healing.”

Proverbs 15:1, “A gentle answer turns away wrath, but a harsh word stirs up anger.”

Proverbs 16:24, “Pleasant words are a honeycomb, sweet to the soul and healing to the bones.”

🗨️ **We were created to communicate so our words would encourage, 🗨️ build up, 🗨️ constructively direct choices and 🗨️ lovingly confront with God’s Word.**

Romans 10:1—“My heart’s desire...”