

Speaking Truth in the Heart

Luke 6:45

⁴⁵ 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.

“When we get depressed it is because we have “forgotten God” – hence the psalmist says to himself, “Hope thou in God!” (Ps 42:5) **Notice the psalmist addresses himself – “he talks to himself,” and herein he discovers the cure.** The main problem in the whole matter of “spiritual depression” in a sense is this – we allow our “self” to talk to us instead of “talking to ourself.” Most unhappiness in life is due to the fact that we “listen to ourselves” instead of “talking to ourselves.” ‘

-Martin Lloyd-Jones, *Spiritual Depression*

2 Corinthians 10:5

We are destroying speculations and every lofty thing raised up against the knowledge of God, and *we are* taking every thought captive to the obedience of Christ

Psalm 15 (Parallel Psalm 24)

15 Lord, who may reside in Your tent? Who may settle on Your holy hill? ²One who walks with integrity, practices righteousness, And speaks truth in his heart.

Who will live closest to God? It will not be those who simply let their random thoughts circulate, but those who speak truth in their hearts **ON PURPOSE!**

It is time for the church to take control of the conversation, and this will happen first on the inside, in our hearts.

Muttering vs. meditation

Consider the power of speaking truth to yourself:

³ He does not slander with his tongue, Nor do evil to his neighbor, Nor bring shame on his friend;

Truth leads us into greater unity, while listening to ourselves fills us with suspicions and criticisms of one another.

⁴ A despicable person is despised in his eyes, But he honors those who fear the Lord;

Truth solidifies the lines between good and evil; listening to ourselves blurs those lines so we do not see as we should.

He takes an oath to his own detriment, and does not change;

Truth insists on integrity and faithfulness; listening to ourselves will fill us with self-interest and we will break our word.

⁵ He does not lend his money at interest, Nor does he take a bribe against the innocent.

Truth will never let us cheat others or be bought; listening to ourselves, we will pervert justice when it matters most.

One who does these things will never be shaken.

The main art in the matter of spiritual living is to know how to handle yourself, question yourself, and preach to yourself – you must remind yourself who God is, and what God has done, and what God has promised to do – this is the essence of the treatment in a nutshell. We must understand that this “self” of ours – this other man within us has got to be

handled; do not listen to him! turn on him! speak to him! remind him of what you know! So rather than listening to him and allowing him to drag you down and depress you – you must take control!

-Martin Lloyd-Jones, *Spiritual Depression*

When the truth is prevailing and the heart is full, we get to live in God's reality, and we become bold and confident.

Isaiah 50:4-10

⁴The Lord God has given Me the tongue of disciples, So that I may know how to sustain the weary one with a word. He awakens *Me* morning by morning, He awakens My ear to listen as a disciple.

⁵The Lord God has opened My ear, And I was not disobedient, Nor did I turn back.

⁶I gave My back to those who strike *Me*, And My cheeks to those who pull out My beard; I did not hide My face from insults and spitting.

⁷For the Lord God helps Me, Therefore, I am not disgraced; Therefore, I have made My face like flint, And I know that I will not be ashamed.

⁸He who vindicates Me is near; Who will contend with Me? Let us stand up to each other. Who has a case against Me? Let him approach Me.

⁹Behold, the Lord God helps Me; Who is he who condemns Me? Behold, they will all wear out like a garment; A moth will eat them.

¹⁰Who is among you who fears the Lord, Who obeys the voice of His servant, Who walks in darkness and has no light? Let him trust in the name of the Lord and rely on his God.