

Speaking Truth From the Heart

Truth in the heart vs from the heart

Truth is reality. Reality is anything with which God would agree.

Ephesians 4:17-32

¹⁷ So this I say, and affirm together with the Lord, that you walk no longer just as the Gentiles also walk, in the futility of their mind, ¹⁸ being darkened in their understanding, excluded from the life of God because of the ignorance that is in them, because of the hardness of their heart;

The depravity of the Gentile heart was a by-product of their exposure to and acceptance of falsehood as reality.

Vain, truthless thoughts grow into a false understanding that actively shuts out truth. Ignorance then hardens the heart, which in turn excludes them (and us) from the life of God.

¹⁹ and they, having become callous, have given themselves over to sensuality for the practice of every kind of impurity with greediness. ²⁰ But you did not learn Christ in this way, ²¹ if indeed you have heard Him and have been taught in Him, just as truth is in Jesus, ²² that, in reference to your former manner of life, you lay aside the old self, which is being corrupted in accordance with the lusts of deceit, ²³ and that you be renewed in the spirit of your mind, ²⁴ and put on the new self, which in *the likeness of God* has been created in righteousness and holiness of the truth.

The truth that is in Jesus is taught and taken into the heart, making the hearer brand-new in character and in thought!

The outer man is given a new wardrobe to suit the new inner man- a lifestyle that is righteous and holy.

²⁵ Therefore, laying aside falsehood, speak truth each one *of you* with his neighbor, for we are members of one another.

First Charge: Since you have this new nature, let it manifest in ONLY TRUE WORDS as you interact with one another!

²⁶ Be angry, and yet do not sin; do not let the sun go down on your anger, ²⁷ and do not give the devil an opportunity.

Righteous anger is called indignation- it means getting really upset for all the right reasons.

Speak passionately the truth you know, and do not let anyone pour water on your fire! Only do not sin in the expression of that passion.

Our passions are often the devil's opportunities- if you have been wrongly angry, forgive and seek reconciliation.

²⁸ He who steals must steal no longer; but rather he must labor, performing with his own hands what is good, so that he will have *something* to share with one who has need.

Stealing is living a lie- pretending that what is yours is mine. Giving is walking in truth- all things belong to the Lord.

We can also steal with our words- steal joy, peace, hope or zeal. God would have us use truthful words to give to others.

²⁹ Let no unwholesome word proceed from your mouth, but only such *a word* as is good for edification according to the need *of the moment*, so that it will give grace to those who hear.

God's standard is very high- we should never let an unwholesome word come out of our mouths.

Unwholesome- rotten, corrupted, of poor quality, worthless (KJV Corrupt Communication)

Sarcasm, jabs, name-calling, harsh joking, criticisms, unclean speech, cursing, etc.

Rather, we speak good, edifying (strengthening) words from a heart full of grace and truth.

³⁰ Do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption.

Pay attention to the alarm in your spirit! The Spirit of God will check every time there is impurity, and will witness every time you are speaking what is right.

³¹ Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice.

Bitter words: words that reveal an unforgiving and biting attitude toward another person

Wrathful words: words that threaten violence or harm- idle or real threats

Angry Words: words you are only speaking because tensions are high- you will regret them later

Clamorous Words: anxious words- words that come from worry and lead others to also become anxious

Slander: critical words- pointing out the faults of another person to others without speaking to the person directly

Malicious words: Anything said with intent to hurt another person

These things have no place in the new self, created to be like God in true righteousness and holiness!

³² Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you.

Sin is complex and causes confusion, but righteousness is simple: Do these things and you will live!

Commission:

Luke 4:22a

²² And all were speaking well of Him, and wondering at the gracious words which were falling from His lips