

WHAT ARE YOU

Full of?

OUT OF THE
ABUNDANCE OF THE **HEART**

LUKE 6:45

The mouth speaks.

CAN WE ALL ADMIT that sometimes we act like idiots? Sometimes we hear stuff come out of our mouth and wonder to ourselves, “Why did I say that?” Have you ever had an attitude and didn’t even know why you felt the way you did?

Well, Jesus has the answer to all of these questions we ask ourselves. He gives us this answer in Luke 6:45 which says: *“A good person produces good from the good treasury of the inner self, while an evil person produces evil from the evil treasury of the inner self. The inner self overflows with words that are spoken”* (Common English Bible-CEB).

In case you are wondering what the *inner self* is referring to, it’s referring to your **♥HEART**. Now, we have to establish some terms and definitions before we move on. Most other versions of Luke 6:45 use the word **♥HEART** instead of the phrase *inner self*.

So, what is the Bible referring to when it says **♥HEART**?

♥HEART (definition) – It is the seat of all your emotions, will, dreams, and actions.

Most of us would say that all those things are controlled by our mind; however, Jesus says it’s controlled by our **♥HEART**. So when the Bible talks about *our ♥HEART*, what it is referring to is our *inner self*.

How many can admit that we have MULTIPLE PERSONALITIES?

1. **PRIVATE:** That’s the person we truthfully are that few people really know or can even know. It’s how we are/act in private when no one is watching.
2. **PUBLIC:** That’s the person we are when we are out in public with our friends. We may be pretending, putting on a show, and even acting at times.

3. **CHRISTIAN:** Usually there's another person we are when we are around our Christian friends. We may talk differently, dress differently, and even behave differently.
4. **BOYFRIEND/GIRLFRIEND/SPOUSE:** Then there's the person we are when we are with the person we are in a relationship with.

WE ARE COMPLICATED PEOPLE! We have to deal with our emotions, we have to deal with each other's emotions/actions, and we often have a hard time doing what's right ***all the time***. Our flesh has a strong will of its own and it often is ***exactly the opposite of what God wants us to do***.

You and I are not the first people to have this PROBLEM. The Apostle Paul talks about this very thing in **ROMANS 7:14-25 (CEB)**:

14 “We know that the Law(GOD) is spiritual, but I’m made of flesh and blood, and I’m sold as a slave to sin.

15 I don’t know what I’m doing, because I don’t do what I want to do. Instead, I do the thing that I hate.

16 But if I’m doing the thing that I don’t want to do, I’m agreeing that the Law (GOD) is right.

17 But now I’m not the one doing it anymore. Instead, it’s sin that lives in me.

18 I know that good doesn’t live in me—that is, in my body. The desire to do good is inside of me, but I can’t do it.

19 I don’t do the good that I want to do, but I do the evil that I don’t want to do.

20 But if I do the very thing that I don’t want to do, then I’m not the one doing it anymore. Instead, it is sin that lives in me that is doing it.

21 So I find that, as a rule, when I want to do what is good, evil is right there with me.

22 I gladly agree with the Law (GOD) on the inside,

23 but I see a different law at work in my body. It wages a war against the law of my mind and takes me prisoner with the law of sin that is in my body.

24 I’m a miserable human being. Who will deliver me from this dead corpse?

25 Thank God through Jesus Christ our Lord! So then I’m a slave to God’s Law in my mind, but I’m a slave to sin’s law in my body.”



Are we hopeless? Is it even worth trying to be a Christian? **The answer is YES IT IS!**
While we can't do it on our own, Jesus gives us the gift of the Holy Spirit and He promises to
HELP US EVERYDAY.....WITH EVERY DECISION.....AND EVERY ACTION.
You can do it because **GOD IS WITH YOU.**

EXERCISE #1: Write 4 words that people have used to describe you.

(Example: smart, stupid, artistic, stubborn, funny, athletic, mean, talented, happy, and so on)

1. _____

3. _____

2. _____

4. _____

Do you think these descriptions of you are accurate? Are you really that person or is this just one of the *multiple personalities* that you have chosen to present to the world?

The reality is that most of us have had **REAL HARDSHIPS** in our life—no matter what age you are right now. It's a fact that we have all suffered abuse of some kind. What are supposed to do about that abuse? How can we get the **HURT THAT RESULTED** out of our **♥HEART**?

HOW DO I KNOW IF I HAVE BEEN HURT IN MY ♥HEART? By listening to what is coming out of your mouth. Are you mad all the time? Do you feel inferior (less than) those around you? Do you have a BAD ATTITUDE even when you don't want to? All of these things tell us if we have hurt/trespasses in our **♥HEART**.

So, how do I make the HURT GO AWAY? Again, Jesus gives us the answer. It's something that you have to do daily. It's something you do for YOUR OWN GOOD.

We find the answer in THE LORD'S PRAYER. You've probably said it many times in your life. It's starts by saying, "*Our Father, which art in heaven, hallowed be Thy Name....*" We find this prayer in Matthew 6:9-15.

WHY DID JESUS GIVE US THIS PRAYER?

It happened when the disciples of Jesus saw Him praying one day (Luke 11:1-4, CEB). They came up to Him and said, "Lord, teach us to pray."

**2 "Jesus told them, "When you pray, say:
'Father, uphold the holiness of Your name. Bring in Your kingdom.
3 Give us the bread we need for today.
4 Forgive us our sins, for we also forgive everyone who has wronged us.
And don't lead us into temptation.'"**



How many have been *wronged* by someone? The truth is that **ALL OF US HAVE BEEN WRONGED** by someone. In the *King James Version* of the Bible the word *wronged* is interpreted as **trespassed**.

What does the word TRESPASS mean?

- 1 An unlawful act committed on the person, property, or rights of another / a wrongful entry on real property / a violation of moral or social ethics / transgression especially / sin / an unwarranted infringement.

In Matthew 6:14,15, (Amplified Version) Jesus goes into more detail about the “Lord’s Prayer.” Listen to what He says:

14 ***“For if you forgive others their trespasses
[their reckless and willful sins],
your heavenly Father will also forgive you.***

15 ***But if you do not forgive others
[nurturing your hurt and anger with the result that it
interferes with your relationship with God],
then your Father will not forgive your trespasses.”***

DO YOU LIKE TO BE IN CONTROL?

I don’t know about you, but I like to be in control. Here’s your chance. Jesus has put you in control. You get to decide your future. But, your decisions have either benefits or consequences.

What is Jesus saying? He says that if you want to have your sins forgiven, you have to forgive the people who have sinned against you (trespassed against you.) So, the choice is yours.

There are many ways that people can **TRESPASS AGAINST YOU.**



LIST 10 WAYS PEOPLE CAN TRESPASS AGAINST YOU.

(EXAMPLES: physically abuse you, lie about you, ignore you, etc.)

- | | |
|----------|-----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |
| 5. _____ | 6. _____ |
| 7. _____ | 8. _____ |
| 9. _____ | 10. _____ |

As you can see, we get **TRESPASSED ON A DAILY BASIS.** Every single day it’s entirely possible—and even probable—that someone will **TRESPASS AGAINST YOU.** It can be as simple as someone ignoring you at school, at home, or even at your job.

We have to find a way to overcome those trespasses. Jesus gave us the answer in The Lord’s Prayer (which is a daily prayer).

So, what’s a Christian to do? We’ll discuss that next week. **IT WILL CHANGE YOUR LIFE. YOU WILL NEVER BE THE SAME.**