What Does What Comes Out of Your Mouth Say About What’s in Your Heart?
Message given Sunday, February 6th, 2011
Armbrust Wesleyan Church
Growth Group Discussion Guide

Welcome to our growth group! So everyone can get to know everyone else ...

- Go around the room taking turns telling the group your name (If you don’t all know each other).

Opening:
- Did you see the movie As Good As It Gets that Pastor Tim used as an opening and closing illustration? What did you think? What is your favorite Jack Nicholson movie? Why?
- In our passage today, Jesus speaks about the traditions of men. What was your favorite family tradition when you were growing up? An ethnic tradition? Birthdays? Family reunions? Sunday dinners? Something else? What is the best family tradition you currently observe in your family?

Read Matthew 15:1-20.
- At the beginning of the passage, what is or are the issue(s) in the conflict between Jesus and the Pharisees?
- What do you think Jesus meant by “the things that come out of the mouth come from the heart”? From God’s perspective, how do words reveal the heart?
- Share a time (without naming names) when someone’s words impacted you in a negative way (had a defiling effect). What happened? How did it affect you?
- Share a time when someone’s words impacted you in a positive way (had a purifying effect)? It’s okay to share names here ;-
- When do you struggle with the words coming out of your mouth? On the other side, when and how do your words show God’s goodness in your heart?

Jesus tells us something that might help in Matthew 12:33-37. He speaks here again about good and bad coming out of our hearts and mouths. Read this passage and discuss:
- Jesus seems to indicate that we have the capacity to make our heart good or bad (v. 33) and store good or evil in our hearts (v. 35). What are some things Jesus might mean we can do to make our hearts evil? What are some things we can do to store goodness in our hearts?
- In v. 36, Jesus says that when we face judgment we will have to give an account for every idle word spoken. What does this idea make you think or feel? How do you think that experience will go for you? Why?

If you have time, Jesus’ brother James wrote about our words and their connection to our heart. Read James 3:1-12.
- What are some of the analogies of the tongue that James uses here? What conclusions can we draw from these analogies?
- James explains that no person can tame the tongue. What does that say about the nature of our hearts? If no person can tame the tongue, what or who can?
- If you could change your speech in one way, what would it be? What will you do today to begin this change?

Conclusion:
- Was there any thing we didn’t discuss about this Sunday’s message that was interesting or important to you?
- Go around the room and share any requests for which you would like prayer. Remember to pray for any needs or issues that were shared during your discussion. Either take turns praying for these prayers, or invite a few who are comfortable with praying in public to pray for these requests.