**SPEAK LIFE - Speaking Words that Heal, not Hurt**

**“Heart Talk - The Tongue Reveals the Heart”**  
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Matthew 12:33-37  
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**Introduction:**
A. The problem with ____________ and our tongues is they have one thing in common - ____________.
B. In Matthew 12:33-37, Jesus made three significant points about our speech:
   1. Our speech ____________ us.
   2. Our speech reveals our ____________.
   3. We will be ____________ by our speech.
C. Step 1 in transforming our speech is to focus on the problem from the ____________.

I. The ____________ Heart
A. Spiritually speaking, pride is the elevation of ____________ at the expense of ____________.
B. Pride is directly connected with negative speech patterns in a variety of ways (Prov. 8:13; 10:18; 13:10; 18:2; 19:1; 20:3; 29:11; Ps. 10, 12, 59, 73:6-11; Rom. 1:29-30).
C. How can we begin to move from a proud heart to a ____________ heart?
   1. We can remember ____________ in charge.
   2. We can ____________ for a humble heart.
   3. We can pay more ____________ to our own faults than to the flaws of others.
   4. We must not hide behind our ____________—it’s pride’s favorite hiding place.
   5. We can actively submit to ____________, both the good and the bad.
   6. We can accept a ____________ place.
   7. We can choose to ____________ others.
   8. Finally, we can cultivate a ____________ heart.

II. The ____________ Heart
A. Although anger is vented in many ways, it is often expressed through our ________.
B. The tongue’s response to an angry heart shows up in many ways (Prov. 10:12, 18; 15:18; 24:28-29; 29:22; 30:33).
C. How can we begin to move from an angry heart to a ____________ heart?
   1. We can own up to our anger problem, by ____________ to God that we have a problem.
   2. We can ________ God to uproot any bitterness in our soul.
   3. We can sincerely pray for any person we are holding a ____________ against.
   4. We can ________ on God to bring healing to our wounded and bitter heart.
   5. We can ________ about things that are wholesome and pleasing to the Lord.
   6. We can strive to fully deal with ________ day’s anger.

III. The ________________ Heart
A. Fear can ____________ us and lead us into many sins, including sins of the ____________ (Num. 14:9-10; Mt. 26:59-61; 73-74; Jn. 8:44-45).
B. How can we begin to move from a fearful heart to a ________________ heart?
   1. We can adopt a correct view of ________ (Lam. 3:22-23; Isa. 40:29; 43:1-2).
   2. We can revise our false ____________ (2 Cor. 3:5; Phil. 4:13; Phil. 4:6).
   3. We can ____________ honestly (Ps. 34:4; 55:22; 1 Pet. 5:7; Phil. 4:6-7)

**Conclusion:** Spiritual heart transplants are available (1 Sa. 10:9; Ps. 51:10; 2 Cor. 5:17)