

Matthew 15

⁹ They worship me in vain;

their teachings are merely human rules.^[c]

¹⁰ Jesus called the crowd to him and said, "Listen and understand. ¹¹ What goes into someone's mouth does not defile them, but what comes out of their mouth, that is what defiles them."

¹² Then the disciples came to him and asked, "Do you know that the Pharisees were offended when they heard this?"

¹³ He replied, "Every plant that my heavenly Father has not planted will be pulled up by the roots. ¹⁴ Leave them; they are blind guides.^[d] If the blind lead the blind, both will fall into a pit."

¹⁵ Peter said, "Explain the parable to us."

¹⁶ "Are you still so dull?" Jesus asked them. ¹⁷ "Don't you see that whatever enters the mouth goes into the stomach and then out of the body? ¹⁸ But the things that come out of a person's mouth come from the heart, and these defile them. ¹⁹ For out of the heart come evil thoughts—murder, adultery, sexual immorality, theft, false testimony, slander. ²⁰ These are what defile a person; but eating with unwashed hands does not defile them."

There is no substitute for INTIMACY with God

The two biggest barriers to intimacy are ISOLATION and PRIDE

Jeremiah 17

⁵ This is what the LORD says:

"Cursed is the one who trusts in man,
who draws strength from mere flesh
and whose heart turns away from the LORD.

⁶ That person will be like a bush in the wastelands;
they will not see prosperity when it comes.
They will dwell in the parched places of the desert,
in a salt land where no one lives.

⁷ "But blessed is the one who trusts in the LORD,
whose confidence is in him.

⁸ They will be like a tree planted by the water
that sends out its roots by the stream.
It does not fear when heat comes;
its leaves are always green.

It has no worries in a year of drought
and never fails to bear fruit."

⁹ The heart is deceitful above all things
and beyond cure.

Who can understand it?

¹⁰ "I the LORD search the heart
and examine the mind,
to reward each person according to their conduct,
according to what their deeds deserve."

Where do I start?

Humbly CONFESS

Invite God to EXAMINE your HEART

Make the CHANGES

Tell someone who you TRUST