



**ENEMIES  
OF THE  
HEART**



**January 9 & 10, 2021**

[Jesus said,] “But the words you speak come from the heart—that’s what defiles you.”

- Matthew 15:18 NLT

**Reflect** 

**Read the full passage in your Bible - Matthew 15:1-20.**

What sticks out or grabs your attention from the scripture readings?

Look at Jesus’ hard words for the Pharisees and teachers of the law in verses 8 and 9. Try to put this in your own words.

What’s coming out of your heart these days?

# TAKE IT DEEPER



## Live It Out

Take some time this week to sit with this simple question, **How is your heart?** Not how are things, not how is your life going, but, **How is your heart?**

## Pray

Talk to God about what's stirring in your heart from the scriptures. Listen for his response.

Be honest and tell God the things you're noticing about your heart.

Notice...you're not the same person you were a year ago. Thank God for his transforming work in your heart and life.