



This people honors me with their lips, but their hearts are far away from me.
– Matthew 15:8 (CEB)

Faith is not about _____.

“It’s not what goes into the mouth that contaminates a person in God’s sight. It’s what comes out of the mouth that contaminates the person.” – Matthew 15:11 (CEB)

Following Jesus is not about _____.

“What goes out of the mouth comes from the heart. And that’s what contaminates a person in God’s sight.” – Matthew 15:18 (CEB)

Our words and our actions _____.

“Out of the heart come evil thoughts ... false testimonies, and insults.” – Matthew 15:19 (CEB)

Transformation happens when _____.

Reflection Questions:

- † What do my words and actions lately reveal about what’s really going on inside me?
- † What human “rules” or patterns shape me more than God’s heart?
- † What step of humility, prayer, or honesty can I take this week to open my heart to God’s transforming work?

Challenge

This week, pay attention to your words and reactions. When they reveal fear, anger, or pride, pause and invite God to do heart work in that moment. Choose one practice, prayer, silence, confession, or gratitude to let God begin transforming you from the inside out.

Daily Prayer

God of truth and mercy, You see beyond my appearances and know my heart. Forgive me when my lips honor You, but my heart wanders from You. Create in me a clean heart, O God, and transform me from the inside out. May my words and actions reflect Your love. Amen.