

August 22, 2026

What's in Your Heart?

August Series: Christ-Centered Relationships

Week Focus: Say It With Grace

Scripture – Luke 6:45 - *“For the mouth speaks what the heart is full of.”*

Devotional Reflection

It is easy to treat unhealthy communication primarily as a problem with our words. We may decide to stop raising our voice, become more careful with our tone, listen longer, or wait before responding, and those are important changes. But Jesus takes us beneath our communication to its source when He says, **“For the mouth speaks what the heart is full of.”** Our words can become a window into what is happening within us, which means repeated patterns in our communication may reveal places in our hearts that deserve honest attention before God.

In Luke 6, Jesus teaches that the fruit of our lives flows from what has been stored within us. If bitterness remains in the heart, eventually it can find expression in our words; if pride controls us, it can influence how we respond to correction, and unresolved hurt can begin affecting conversations with people who never caused the original wound. God certainly cares about the words leaving our mouths, but He also cares about what has been accumulating in our hearts. Sometimes instead of only praying, **“Lord, help me not to say that,”** we need to ask, **“Lord, show me why that keeps coming out of me.”**

Jesus did not come merely to improve our outward behavior; He came to transform us from within. As we surrender our anger, wounds, pride, fears, and insecurities to Him, the Holy Spirit produces love, patience, kindness, gentleness, and self-control within us, and those qualities should eventually become audible in the way we communicate. **Changed communication is not the source of a transformed heart; increasingly transformed communication is evidence that Christ is changing the heart.**

As followers of Christ, then, healthy communication requires more than learning better techniques—it requires continually surrendering ourselves to God. We can learn when to pause, how to check our tone, how to listen, how to speak truth with grace, and when to delay a response, but none of those practices can substitute for the transforming work of Christ within us. **The grace Christ produces within us should increasingly become the grace that comes through us.** When our communication repeatedly reveals something unhealthy, God may be inviting us not merely to control the symptom but to surrender the source.

Today, instead of examining only what you have said this week, ask God what your communication has revealed about your heart. Think about when your tone became sharp, when you felt compelled to defend yourself, when listening became difficult, or when restraint seemed almost impossible; rather than responding with condemnation, bring those places honestly before God and allow His conviction to lead you toward transformation. Perhaps there is something to forgive, release, confess, heal, or surrender. Do not settle for simply becoming better at controlling your words—pray for something deeper: **“Lord, don’t only change my words. Transform the heart they come from.”**

Focus for Today

Lasting change in our communication begins with allowing Christ to transform the heart from which our words come.

Practice

Take a few quiet minutes today and review your communication from this week.

Ask yourself:

- **When was my tone the harshest?**
- **What made me defensive?**
- **When did I struggle to listen?**
- **What made restraint difficult?**
- **What might those moments reveal about my heart?**

Then bring whatever God reveals to Him—whether anger, hurt, pride, fear, resentment, insecurity, impatience, or unforgiveness.

Pray specifically:

“Lord, don’t only change what comes out of me. Transform what is happening within me.”

Prayer

Father, search my heart and show me what my words and responses may be revealing. Where there is anger, resentment, pride, fear, insecurity, or unresolved hurt, help me surrender it to You. Forgive me where my communication has failed to reflect Christ, and continue Your transforming work within me. Produce Your love, patience, kindness, gentleness, and self-control in my life so that what comes from my mouth increasingly reflects what Your Spirit is producing in my heart. Lord, don’t only change my words—transform the heart they come from. In Jesus’ name, Amen.

Reflection Question

What has the way I communicated this week revealed about an area of my heart that God may be asking me to surrender to Him?