

What most often occupies my thoughts?
What do I fear losing?
What brings me greatest joy or security?

Day 4: Listen to Your Words

Read: Matthew 12:34-37

Words are diagnostic. Because speech often escapes before careful filtering, our mouths frequently reveal what lives inside us. Jesus says our words are not random—they overflow from the heart.

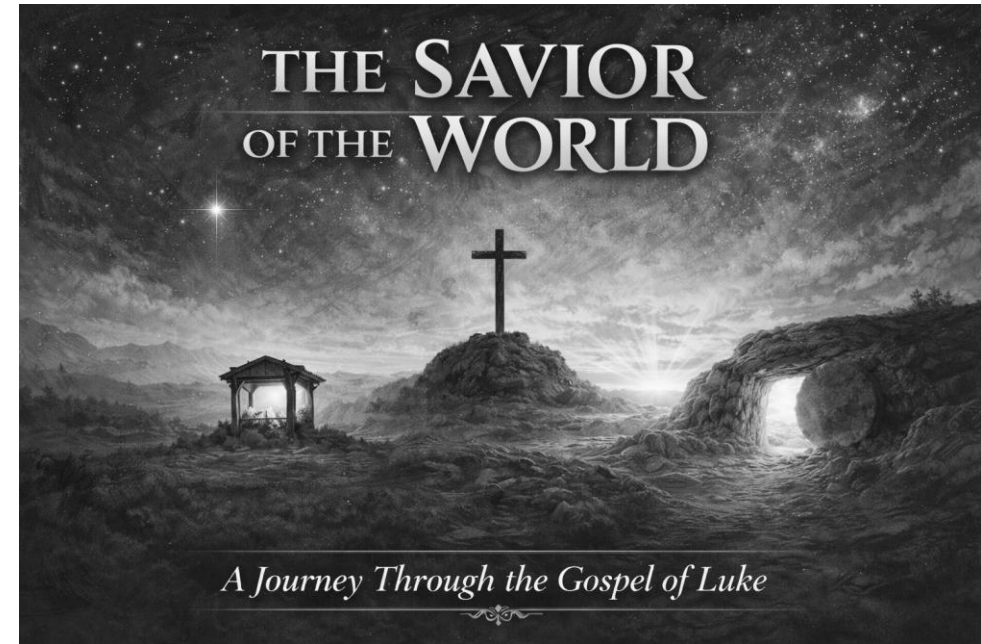
What themes dominate my conversations?
What complaints regularly surface?
What do my words reveal about my loves and fears?

Day 5: Can My Heart Really Change?

Read: Ezekiel 36:26; 2 Corinthians 5:17; Ephesians 2:8-9

This sermon ends with good news. Dead hearts cannot heal themselves. Diseased roots cannot repair themselves. Christianity is not ultimately self-improvement—it is salvation. Jesus exposes hearts because He came to heal them.

Where have I been trying to fix myself apart from Christ?
What would trusting Christ more deeply look like?
What part of my heart do I need to surrender?



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THE SAVIOR OF THE WORLD:
Heart Health Matters
Luke 6:43-45

SERMON NOTES

Question One: What Kind of Tree Am I? (v. 43)

Trees always produce according to their nature and condition.

“The identity of the tree precedes and gives shape to what the tree produces.”

Jesus is not merely asking: “What fruit exists?” He ask: “What kind of tree produces it”

Question Two: What Does My Fruit Show? (v. 44)

Fruit reveals what roots conceal.

Hidden things eventually become visible.

Fruit is evidence.

Question Three: What Is Happening Beneath the Surface? (v. 45)

The heart is the control center of the person.

Whatever occupies the throne of our heart eventually governs our lives.

“Out of the abundance of the heart the mouth speaks.”

The Criteria of Discipleship (vv. 35-36)

Fallen people require more than repair.

Heart transformation is not self-improvement. It is salvation!

Questions for Self-Examination

What kind of tree am I?

What governs me beneath the surface?

What treasure occupies the throne of my heart?

WEEKLY DEVOTIONAL GUIDE

Day 1: Examining the Fruit

Read: Luke 6:43-44

Jesus teaches that trees are known by their fruit. Fruit does not create identity—it reveals it. We often spend enormous effort managing appearances while neglecting what lies beneath the surface. Jesus invites us to examine the evidence our lives are already producing.

What patterns repeatedly appear in my life?

What do my relationships reveal?

What fruit consistently appears under pressure?

Day 2: Fruit Reveals What Roots Conceal

Read: Psalm 139:23-24

Symptoms matter because they reveal deeper realities. Anger, bitterness, pride. Fear, jealousy, and harshness. Rarely do these appear suddenly. Often they reveal roots growing beneath the surface. Jesus is not merely interested in behavior modification; He wants transformation from the inside out.

What recurring struggles reveal deeper roots?

What do I tend to excuse or explain away?

Where might God be exposing deeper issues?

Day 3: What Rules My Heart

Read: Luke 6:45

Jesus describes the heart as the place where treasures are stored. Whatever occupies the throne of our hearts eventually shapes our priorities, desires, fears, worship, and decisions.