

You Can't Hide What's Inside

Then Jesus called to the crowd to come and hear. "All of you listen," he said, "and try to understand. It's not what goes into your body that defiles you; you are defiled by what comes from your heart." Then Jesus went into a house to get away from the crowd, and his disciples asked him what he meant by the parable he had just used. "Don't you understand either?" he asked. "Can't you see that the food you put into your body cannot defile you? Food doesn't go into your heart, but only passes through the stomach and then goes into the sewer." (By saying this, he declared that every kind of food is acceptable in God's eyes.) And then he added, "It is what comes from inside that defiles you. For from within, out of a person's heart, come evil thoughts, sexual immorality, theft, murder, adultery, greed, wickedness, deceit, lustful desires, envy, slander, pride, and foolishness. All these vile things come from within; they are what defile you." —Mark 7:14-23 NLT

1. What is in your heart will eventually surface in your words, thoughts and deeds.
2. What is in your heart will eventually be expressed in your closest relationships.
3. What is in your heart will determine the impact of your leadership.
4. What is in your heart will define your destiny, because you can't hide what's inside.

Information included is original to Andy Stanley, author, speaker and pastor of North Point Community Church, Alpharetta, Georgia.

Get Real

The condition of your heart shapes...

- the expression of your life and leadership.

It is easier to see this expression in others rather than yourself. Your heart determines the expression of your tone, intensity, communication style and response.

- the environment in which you live and lead.

Unhealthy people create unhealthy environments and are comfortable in dysfunctional environments. Inten-

tionally determine what the moral and ethical climate of your organization will be.

Get Reflective

... out of a person's heart, come evil thoughts, sexual immorality, theft, murder, adultery, greed, wickedness, deceit, lustful desires, envy, slander, pride, and foolishness. —Mark 7:20-21

Four leading causes for heart disease:*

1. Guilt = I owe you

There could be something from your past that only you know. You may feel that if other people knew about this, it would impact their ability to trust and follow you.

2. Anger = You owe me

Are you angry over some hurt you have experienced? If so, you may assume it is "payback time" for what others have done to you.

3. Greed = I owe me

Rarely does anyone consider themselves a greedy person. However, greedy people have difficulty advancing anyone else. Instead, they will often sacrifice the good of the organization for the sake of personal advantage or fulfillment.

4. Jealousy = God owes me

A jealous person is often threatened by talented and gifted people. They often rejoice in the failures of others because it appears they are ahead.

So, what is the condition of your heart? It is important to look at the workings of your heart carefully because the heart is the filter through which you lead, act, respond and live.

Get Right

How can you change?

1. Confession is the release from guilt.

Begin your confession with God, your mate, coworker, others... if needed.

2. Cancellation is the antidote to anger.

Forgiveness is a cancelled debt.

3. Contribution is the solution for greed.

Give freely and generously to others.

4. Celebration is the answer for jealousy.

Rejoice with people and their accomplishments.