

“The heart of obedience is not summoning the will to do what it loathes. Rather, obedience is fruit—it is the outward manifestation of internal health. We naturally blossom because we are planted in the soil of the gospel with the sun of divine grace shining down on us. Obedience does not come out of a new raw power to now do what we don't want to do; obedience comes because we now delight to do what we hated before.”

Dane Ortlund, *Edwards on the Christian Life*

Examine yourselves, to see whether you are in the faith. Test yourselves. Or do you not realize this about yourselves, that Jesus Christ is in you?—unless indeed you fail to meet the test!

2 Corinthians 13:5

Search me, O God, and know my heart! Try me and know my thoughts! And see if there be any grievous way in me, and lead me in the way everlasting!

Psalm 139:23

For if these qualities are yours and are increasing, they keep you from being ineffective or unfruitful in the knowledge of our Lord Jesus Christ.

2 Peter 1:8

“There’s an organic consistency between what is in my heart and what comes out of my mouth. The struggle of words is a struggle of kingdoms; a war between the kingdom of self and the kingdom of God. The kingdom that rules your heart will dictate your words.”

Paul Tripp, *The Power of Words and the Wonder of God*

Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. For where your treasure is, there your heart will be also.

Matthew 6:19-21

What causes quarrels and what causes fights among you? Is it not this, that your passions are at war within you? You desire and do not have, so you murder. You covet and cannot obtain, so you fight and quarrel.

James 4:1-2

For out of the heart come evil thoughts, murder, adultery, sexual immorality, theft, false witness, slander.

Matthew 15:19

"Such is the grasping tendency of the human heart, that it must have a something to lay hold of and which, if wrested away without the substitution of another something in its place, would leave a void and a vacancy as painful to the mind, as hunger is to the natural system."

Thomas Chalmers, *The Expulsive Power of a New Affection*

"The expulsive power of a new affection."

Thomas Chalmers, *The Expulsive Power of a New Affection*

Keep your heart with all vigilance, for from it flow the springs of life.

Proverbs 4:23

"The real question for us is not whether we sin or not. We do, and we will. The question is whether we are bothered by our sin or not."

Dane Ortlund, *Edwards on the Christian Life*

Draw near to God, and he will draw near to you. . . Humble yourselves before the Lord, and he will exalt you.

James 4:8, 10

"There is nothing, perhaps, to which most pay less attention than their words. They go through their daily work, speaking and talking without thought or reflection, and seem to fancy that if they do what is right, it matters but little what they say."

JC Ryle, *Expository Thoughts on Matthew*

Set a guard, O Lord, over my mouth; keep watch over the door of my lips!

Psalm 141:3

The mouth of the righteous is a fountain of life. (10:11)

A gentle tongue is a tree of life. (15:4)

The tongue of the wise brings healing. (12:18)

A word fitly spoken is like apples of gold in a setting of silver. (25:11)

To make an apt answer is a joy to a man, and a word in season, how good it is!
(15:23)

Proverbs on Words

Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God. And whatever you do, in word or deed, do everything in the name of the Lord Jesus.

Colossians 3:16-17