

# 185. What Is In Your Heart? Find Out Now

[00:00:00] Welcome to the Encouragement for Real Life podcast. I'm Julie Lefebure, your host. Life is remarkable, sometimes raw and always real. And some days we could use a little extra encouragement for our real lives. Here, you'll find that, along with personal life impacting stories, helpful life hacks, timely inspiration, biblical insight, and a fresh perspective.

The Encouragement for Real Life podcast equips you to be a light in this world and to shine bright wherever God has you. I'm glad you're here today.

**Julie Lefebure:** I don't know if you have noticed, but we've had an underlying theme on the podcast this month. For all of the episodes, it's been all about the heart. The first week's episode was about why it's important not to follow our hearts. Last week's [00:01:00] episode was on having a heart for God. In today's episode, we are discussing identifying what's in our hearts. And wait until our guest episode next week. I'll share more about that here in a few minutes.

But what is in your heart? Do you know? Today we take a deep dive into these hearts of ours and how we can find out what's in them. Not our physical heart so much. Uh, those are the things that keep blood pumping through our bodies and keep us going and keep us alive. But our hearts as the spiritual part of where our desires and emotions reside. I believe from this episode, you're going to find some hope and encouragement for your real life today. So let's get right into it.[00:02:00]

Imagine you just picked up your favorite beverage at your favorite local spot. You see a friend at a nearby table and you make your way over to her to say hello. Standing by her table, exchanging pleasantries, having a wonderful short conversation. Out of nowhere, someone from behind bumps into you and your favorite beverage not only spills out over the sides of the glass or the cup onto the floor, but it also somehow splashes upon your new white sweater. How do you react? Removed from the situation right now, you might say you'll probably remain calm and cool and collected. And you'd [00:03:00] extend grace to the person who accidentally bumped into you. But in the moment, would you and would I react in that same manner? I hope I would, but I have been known to react oppositely and unfavorably in unpleasant and unexpected situations.

Like the time I came nearly unglued when our then three year old son spilled his milk at the dining room table at dinner. Even though it was decades ago, I remember it as if it was just two days ago. Or the time when the woman behind the checkout counter was gruff and unkind and I reacted with a critical attitude. I can do that pretty well. Or the more recent time when a white SUV cut me off in traffic and [00:04:00] I honked and raised my hands in the car thinking, well, of course, that's going to change this person's behavior. They likely never even saw it.

But maybe you can relate to some of these, or maybe you can't. Maybe you always respond with grace and forgiveness and love, and I hope that that's the case. But the thing is this, what's inside of us always spills out.

I have learned that when I get bumped by the things of this life, that how I react indicates what my heart is full of in the moment. Now this tends to be a surprisingly accurate gauge. Kind of like how we talked about in episode 183 of how our emotions can act like a gauge and is my [00:05:00] heart full of God's grace and love and compassion. Well, if it is, then those things will present themselves when I am bumped. Or is it full of negativity and anger and resentment? And if so, those too will appear when I get bumped. Our words and our actions reveal the condition of our hearts, especially when we get jolted or shaken. Jesus said it this way in Luke chapter 6, verses 44 and 45. And in The Voice Translation, this is what it says. "You can know a tree by the fruit it bears. You don't find figs on a thorn bush, and you can't pick grapes from a briar bush. It's the same with people. A person full of goodness in his heart produces good things. A person with an evil reservoir in his heart pours out evil things. The heart overflows in [00:06:00] the words a person speaks. Your words reveal what's within your heart."

Yeah, there's so much truth there, isn't there? Our hearts guide what we think and what we think affects how we feel and how we feel impacts what we say. It's all connected. If we are filled with negativity, or fear, or uncertainty, or apprehension, or bitterness, our actions or words will be filled with those very things. But if we are filled with God's truth, His hope, and His joy, well then our words and actions will be filled with those as well. And I want to be known to be filled with those, not the prior things.

You may know someone who is consistently a complainer. And she is, is on the side of negative more than she is on the positive. And by the time that you leave [00:07:00] her presence, you might feel depleted and you might feel like, that was really a hard conversation. But she's likely has some negativity, fear, or bitterness lurking within her heart. It's not for us to judge, but we can certainly

have compassion and understand that she must be dealing with something. She must have something in her heart that's causing her to act that way and to say the words that she says.

But you also likely know someone who exudes joy. She radiates hope and is someone that you just can't wait to spend time with and you want to spend time with her more. Well, she's someone whose heart is filled with joy and hope and peace. We want to be like that. We want to have our heart hearts filled with hope and joy and peace.

Proverbs chapter 4 verse 23 in the New Living Translation it contains one truth that I think it would be wise [00:08:00] to remember always and to maybe even memorize. We looked at it in episode 183 in a different translation, but here it is in the New Living Translation. It is "Guard your heart above all else for it determines the course of your life." Guard your heart above all else for it determines the course of your life. Wow. Hmm. Our hearts determine the course of our life. That's so true, isn't it? What's in our hearts matter. Yeah.

Interested in finding out what's in your heart? Let's take a look at this today. Well, I invite you to take some time, maybe today, throughout the days ahead, and to just pay attention to your actions and your words. [00:09:00] Makes us kind of think, okay, what am I thinking? What am I saying? How am I acting? But are they negative and filled with agitation and judgment? Or are they encouraging and filled with hope and joy? Because by paying attention to these, you will soon see what is in your heart. And the good news is this, if you don't like what you notice, then you can immediately make some adjustments and begin to change what's in your heart. So could it be time for a heart change?

Lately, I have been getting this same message from all sorts of sources that spending time with God in His Word is the best thing that I can do to impact my heart and to impact my life. Um, does this ever happen to you? Where you continue to see the same message everywhere you [00:10:00] go or hear the same thing everywhere you go? Or at least it seems that way. Well, evidently God must want me to spend more time with Him & His Word because that's what I continually get over these last few weeks. And this is the first and most important thing that we can do to change what's in our hearts. It's Psalm chapter 119 verse 11. In the New American Standard Bible, it speaks of the power of God's Word in our hearts. It says, "I have treasured your word in my heart so that I may not sin against you." Reading our Bibles changes us. And I am living proof of that. I am here today testifying that I am living proof of that. And if you don't believe me, well, then I challenge you to read your Bible. Open up your Bible, read it a little bit every day for the [00:11:00] next 30 days. And I

guarantee you that you will not be the same person that you are today. God's Word is life transforming and your heart will be changed.

Prayer is also a vital piece of changing what's in our hearts. We can pray for God to transform our hearts. And I think of that verse in Ezekiel and it's, um, Chapter 36, verse 26, in the New Living Translation, it says, "And I will give you a new heart and I will put a new spirit in you. I will take out your stony, stubborn heart and give you a tender, responsive heart." God can take the hardest of hearts and transform them into beautiful, tender hearts for Him. A simple morning prayer that I pray is Lord align my heart, [00:12:00] actions, attitudes, and words with Yours today. Doesn't have to be complicated. It can be really simple. But that little simple prayer can make such a big difference.

Who we hang around and what we allow to influence us also matters. If we take junk in, junk will come out. If we spend our time with people who are excessively negative, well then we will become negative. And the opposite is true. If we read or listen to sources that are degrading and depleting, well, then our thoughts and actions and words will be degrading and depleting. What's that saying that, uh, we become the five people we hang around the most. So if we hang around negative people, we're going to become negative. If we hang around positive people, well, we're going to become more positive. So who [00:13:00] are you hanging with? What are you reading? And what are you listening to? Are they helpful and hopeful? I suggest to seek God regarding these if you're unsure. Because He will reveal what you need to know in any of these situations and circumstances of what you might be reading or thinking or who you're spending time with. And I'm so glad that He does this because we don't have to figure it out on our own. It's good news, isn't it?

The bottom line is this, though. Our words and actions reveal what's in our hearts. And we can intentionally fill our hearts with what honors and glorifies God. So, this week I invite you to pray over your heart's condition, over your heart's situation, over what's in your heart. Pray for God to show you and pay attention to your words. Ask God to transform your heart [00:14:00] where needed and then watch what He does with your willing and beautiful heart.

Could you use a trusted friend to come alongside you to guide you in uncovering the abundant life that Jesus came to give you? Are you tired of feeling sick and tired all of the time? And are you ready to revive your faith and your life? And would you like to work with me one on one to find clarity and lasting hope? Well, I have just the solution for you. I can't wait to tell you all about it in full time. It's coming soon. But I am offering personalized mentoring opportunities. Some personalized mentoring one on one sessions designed to

help you refresh your faith, to renew your mindset and to embrace the abundant life that God promises. More information is coming so very soon, so very soon, and a vibrant, faith filled [00:15:00] life is waiting just for you. So stay tuned.

Do you know someone who could use some extra encouragement in her life today? Well, I invite you to share this episode with her. And I also invite you to subscribe, to leave a review and to connect with me on social media. I would love to do that. I would love to connect with you in any of those ways.

And have you checked us out yet on YouTube? Well, you can find us in video form over there if you're not already watching this today from there.

And also, you do not want to miss next week's episode as it is our guest episode for the month. And I have someone very special joining me. It'll be unlike any guest episode that we've done yet. I cannot wait. So come back next Tuesday and be encouraged and inspired.

I'll end us [00:16:00] today in prayer. So, will you pray with me? Oh, Heavenly Father, gosh, thank You. Thank You for who You are. Thank You, Lord, that You guide us. You are our guide. You are our source. You are our strength. You are everything that we need.

Father, You know the condition of our hearts. You know what's in our hearts. And Father, I pray that You will purify our hearts, that You will open our hearts up to be more sensitive to Your Holy Spirit's leading, and that You will transform our hearts. Hearts that will be full of goodness and to honor and glorify You.

Lord, show us what we need to change. Show us what needs to be adjusted and help us to walk that out. Give us those soft, pliable, moldable hearts for You. Thank You, Lord. I thank You for my friends that are listening in today that are joining us. And I just ask that You will bless them, encourage them, and [00:17:00] strengthen them in every way.

In Jesus name, I pray these things. Amen.

Thank you so much for tuning in today. I am cheering you on and praying for you. God bless you.

Thank you so much for joining me here today. You can find more at [JulieLefebure.com](http://JulieLefebure.com) and until next time, stay encouraged.