

“Words Matter: Treasures of the Heart”

Crosspointe Marriage | Class 5

***Vision:** To build strong marriages with a foundation in Christ.*

***Mission:** Mentor, encourage, and support marriages through Biblical teaching and guidance.*

Ice Breakers

- **Everyday Harvest:** Without naming names, what is one “fruit” (a recurring word, tone, attitude, or reaction) that keeps showing up in your marriage lately? You do not have to explain it yet—just name what everyone can see.
- **The Overflowing Cup:** Think of a recent moment when pressure hit and something “spilled” out of you. Did the pressure create what came out, or did it simply reveal what was already stored inside?
- **Foundation Check:** The last four classes anchored us in Christ, named marriage as a covenant, showed that love is grown, and called us to choose “us” over self. Walking into this lesson, where do your words most reveal what your heart has been storing?

Key Scripture Passages

- **Luke 6:43–45** — The anchor passage for this lesson. A good tree bears good fruit and a bad tree bears bad fruit; every tree is known by its fruit; and out of the good or evil treasure of the heart, the mouth speaks. Words are the harvest of what the heart has stored.
- **Luke 6:45** — “For out of the abundance of the heart his mouth speaks.” The heart is a storehouse, and speech is the overflow. What fills the heart eventually comes out of the mouth.
- **Matthew 12:34** — “For out of the abundance of the heart the mouth speaks.” Jesus makes the same point even more bluntly: our words expose the real condition of the heart beneath the surface.
- **Proverbs 4:23** — “Keep your heart with all diligence, for out of it spring the issues of life.” The heart must be guarded and protected, because everything else in life—and in marriage—flows from it.
- **2 Peter 1:3–4** — Through God’s divine power we have already been given everything we need for life and godliness. We do not have to manufacture a new heart by effort; faith anchors us in what God has already provided.

The Big Picture

Every couple wants better communication, and the world offers plenty of good advice about it: listen more, watch your tone, pause before reacting, choose better words. None of that is wrong, and all of it can help. But Jesus points past technique to something deeper. Learning communication skills can enhance your interactions, yet skills alone will not protect you or your marriage, because the real problem is never only on the surface.

In Luke 6:43–45 Jesus uses an image His audience knew well: an orchard. A tree is not judged by how old it is, how pretty it looks, or what it claims to be. It is judged by what it consistently produces. “Good” (kalos) means healthy all the way through; “bad” (sapos) means rotten and diseased. So Jesus is not contrasting

good people with evil people; He is contrasting a healthy life with a diseased one. And the way you tell the difference is fruit. You don't inspect the roots of a tree; you inspect the fruit, and the fruit reveals the root. Your words, reactions, character, and relationships are the visible harvest of an invisible heart.

Then Jesus names the source: the heart is a treasure (thēsauros)—a storehouse where things are collected over years. He is not talking about one decision; He is describing what you have been storing all along. You cannot pull kindness from a heart filled with bitterness, any more than you can pull wheat from a barn filled with weeds. Your mouth simply makes withdrawals from your heart, and pressure does not create what is inside—it reveals it. The good news is that a storehouse can be restocked. If your heart is a garden, you can change the harvest by changing what you plant: examine the harvest, trace the fruit back to the treasure, replace the treasure with truth from God, plant that new truth daily, and protect the garden so lies never take root again. Change what you plant, and you change the harvest your marriage lives in.

Group Discussion Questions

- Jesus says a tree is known by its fruit, not by how old it is, how pretty it looks, or what it claims to be. If someone only watched the “fruit” of your marriage this month, what would they conclude about what is stored in your heart?
- The lesson says communication skills are helpful but cannot, by themselves, protect your marriage. Where have you been trusting a technique to fix something that is actually a heart issue?
- “Good” means healthy all the way through, and “bad” means diseased. In what area of your marriage do you look healthy on the outside while something underneath needs attention?
- Jesus says you don't inspect the roots, you inspect the fruit—and the fruit reveals the root. What recurring word, tone, or reaction is honestly revealing the root beneath it?
- “You cannot pull kindness from a heart filled with bitterness.” What has your heart been storing lately, and how is it showing up in what you withdraw and say?
- Pressure doesn't create what's inside; it reveals it. What does your response under pressure this week reveal about the treasure you have been storing?
- Walk through the five steps together (examine, trace, replace, plant, protect). Which step is the one you most need to start this week, and what would it look like?

Closing Challenge

- Sit down with your spouse and read Luke 6:43–45 out loud together. Name one piece of “fruit” each of you has seen in your marriage this month, and talk gently about what treasure might be underneath it.
- Pick one recurring negative fruit (a tone, a phrase, a reaction) and trace it back to the belief or treasure driving it. Write the fruit on the left and the treasure on the right.
- Choose one lie to replace with truth this week (for example, “I have to be right” → “I want to honor Christ”). Write the new treasure on a card where you will see it daily.
- Practice planting daily for one week: read it, pray it, speak it, believe it, practice it, repeat it. Pick the single verse or truth you will plant every day.
- Guard the garden together. Agree on one “weed” (an input, habit, or pattern) you will keep from taking root again, and how you will help each other protect the heart.

Personal Action Steps

- Do a fruit inventory. For three days, simply notice what words, attitudes, and actions keep coming out of you at home. Write them down without excusing or explaining them yet.
- Trace two or three of those fruits back to their treasure. Ask of each one: Why did I say that? Why did I react that way? What belief is underneath this?
- Name your most common “replace → with.” Identify the lie you most often live from and the biblical truth that should take its place, and write both out in your own words.
- Read Luke 6:43–45 slowly every morning for one week. Ask God to show you what you have been storing and what He wants you to store instead.
- Choose one truth from God to plant daily. Read it, pray it, speak it, believe it, practice it, and repeat it until it starts to feel like your own.
- Memorize Proverbs 4:23 and use it as a daily prayer to guard your heart, especially in the moments when pressure rises and something wants to spill out.
- Before you speak in your next hard conversation, pause and ask: “Am I about to withdraw something good or something rotten from my heart right now?”

Memory Verse

“For out of the abundance of the heart his mouth speaks.” — Luke 6:45 (NKJV)

Main Themes

Theme 1: Words Reveal the Heart, So Skills Alone Aren’t Enough

We communicate constantly—through our words, our expressions, and our actions—and much of the world’s advice about communication is genuinely good: listen without interrupting, watch your tone, pause before reacting, choose better words. Adding those skills to your marriage is not bad, and it can truly help. But Jesus points to a deeper reality: communication is not fundamentally a technique problem; it is a heart problem. You can master every technique and still wound your spouse if the heart underneath is unhealthy. Skills can shape how you deliver what is inside you, but they cannot, by themselves, protect your marriage. That is why this lesson moves past the surface of communication and goes straight to the source: the heart from which every word is drawn.

Personal Reflection

- Which communication skill comes most naturally to you, and which one do you most need to grow?
- Where have you been treating a heart issue in your marriage as if it were only a communication technique issue?
- If your words are a withdrawal from your heart, what have your recent withdrawals revealed about what is stored inside?

Theme 2: A Tree Is Known by Its Fruit — Healthy vs. Diseased

Jesus' audience did not picture apples and oranges; they pictured orchards, which were long-term investments. A tree in an orchard is not judged by how old it is, how pretty it looks, or what it claims to be. It is judged by what it consistently produces. The word translated "good" is *kalos*—healthy, sound, genuine, fit for its purpose, healthy all the way through. The word for "bad" is *sapros*—rotten, decayed, spoiled, diseased. That means Jesus is not simply contrasting good people with evil people; He is contrasting a healthy life with a diseased one. Marriage works the same way. You cannot judge it by its age, its appearance, or its claims; you know its health by the fruit it consistently produces over time.

Personal Reflection

- Where does your marriage look healthy on the surface while something underneath needs care?
- What fruit have you been consistently producing at home over the last few months—not on your best day, but on an average one?
- If "good" means healthy all the way through, where is God inviting you toward wholeness rather than mere appearance?

Theme 3: The Fruit Reveals the Root

In Jewish thought, fruit was visible evidence—not simply isolated actions, but what naturally came out of a life: character, words, reputation, influence, responses, relationships, everything people experienced from you. "Every tree is known by its own fruit." This gives us a practical diagnostic tool: you don't inspect the roots of a tree, you inspect the fruit, and the fruit reveals the root. When you keep producing the same harvest—the same sarcasm, the same withdrawal, the same anger—you are looking at evidence of a root beneath the surface. Rather than being discouraged by bad fruit, you can let it point you honestly toward the heart that needs to change.

Personal Reflection

- What recurring fruit in your marriage is pointing to a root you have been reluctant to look at?
- When you see bad fruit in yourself, do you tend to excuse it, hide it, or trace it? Why?
- What good fruit is already growing that you can thank God for and keep cultivating?

Theme 4: The Heart Is a Treasure — a Storehouse Filled Over Time

Jesus calls the heart a treasure (*thēsauros*), which does not simply mean valuables; it means a storehouse, a treasury, a place where valuable things are collected over time. He is not describing one decision or one bad day; He is describing what a person has been storing for years. Picture a farmer's grain barn: whatever is inside eventually gets taken out, and you cannot pull wheat from a barn filled with weeds. In the same way, you cannot pull kindness from a heart filled with bitterness. What you deposit over time is what will be available to withdraw when your marriage needs it most.

Personal Reflection

- What have you been depositing into your heart's storehouse over the past year?
- Is there a "weed" (bitterness, fear, pride) that has been quietly stored and is now showing up in withdrawals?
- What good treasure could you begin storing now so it is available to withdraw later?

Theme 5: The Mouth Makes Withdrawals from the Heart

The phrase “brings forth” means to bring out, draw out, or take from storage. Jesus is not saying we manufacture words in the moment; He is saying we withdraw them, almost like withdrawing money from a bank. Your mouth makes withdrawals from your heart. And “out of the abundance of the heart his mouth speaks”—abundance meaning “that which overflows.” Picture a cup: whatever fills it eventually spills. Pressure does not create what is inside; pressure reveals what is inside. This is both sobering and freeing: sobering because our sharpest words expose our real storehouse, and freeing because it tells us exactly where the change has to happen—not in the mouth, but in the heart.

Personal Reflection

- When pressure hit recently, what spilled out—and what did it reveal about your storehouse?
- Do you tend to blame the pressure (“you made me say that”) or own the overflow?
- If your words are withdrawals, what deposit do you most need to start making this week?

Theme 6: Change What You Plant, Change the Harvest

Because the heart is a garden, the harvest can change when you change what you plant. You can’t keep planting the same seeds and expect different fruit. Jesus’ model gives us five practical steps. First, examine the harvest—start with what everyone can see and ask what words, attitudes, and actions keep repeating. Second, trace the fruit back to the treasure by asking why you said it, why you reacted that way, and what belief is underneath. Third, replace the treasure; we don’t need to try harder, we need to swap the lie for a truth from God (“I have to be right” becomes “I want to honor Christ”). Fourth, plant the new treasure daily—read it, pray it, speak it, believe it, practice it, repeat it—until the repeated truth becomes the treasure, the treasure becomes the root, and the root produces different fruit. Fifth, protect the garden, guarding your heart so that once truth is planted, lies are not allowed to take root again.

Personal Reflection

- Which of the five steps (examine, trace, replace, plant, protect) is the one you tend to skip?
- What is one lie you are ready to replace with a specific truth from God this week?
- How will you “protect the garden” so the old weeds don’t quietly grow back?

The Big Idea

Words matter because words are never random—they are the harvest of what your heart has been storing over time. A healthy heart inevitably produces healthy speech and actions, and a diseased heart cannot consistently produce good fruit, because the real issue is always beneath the surface. You cannot fix your marriage only by managing your mouth; you change the harvest by changing what you plant in your heart. Heart becomes treasure, treasure becomes the seeds you sow, and those seeds become the harvest your marriage lives in.

Words Matter when:

- You stop trusting technique alone and let God deal with the heart your words come from.
- You examine the harvest honestly, naming the words, attitudes, and actions that keep repeating.
- You trace the fruit back to its root instead of excusing or hiding it.
- You see your heart as a storehouse and pay attention to what you have been depositing.
- You remember your mouth makes withdrawals, so pressure reveals your treasure rather than creating it.
- You replace the lie with a truth from God rather than simply trying harder.
- You plant that truth daily—reading, praying, speaking, believing, practicing, repeating—until it becomes your root.
- You guard your heart with diligence so that, once truth is planted, lies are not allowed to take root again.

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