

## Out Of The Fullness Of The Heart

### Description

[RG AUDIO 122812](#)

3 John 9-14

Like Gaius's church struggling with Diotrephes' un-Christlike actions, our present reality is not left untouched by people who call themselves Christians but do nothing to live like Christ. In light of the confusion spread by such people, John's words are clear to us as well: "Do not imitate what is evil but what is good" (v. 11).

One youth worker used to say to me, "Trash in, trash out." She meant that if I filled my mind with trash, it was bound to come out in my actions and attitudes. Jesus reminds us "the mouth speaks what the heart is full of" (Matt. 12:34). So in order to have good come out of our lives, we need to be intentional about putting good things in us. The apostle Paul gives us a recipe for imitating good when he encourages us to think about "whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable." We are to think about "anything . . . excellent or praiseworthy" (Phil. 4:8).

How much time do you spend thinking about, and trying to imitate, what is good?

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