

GARBAGE IN, GARBAGE OUT

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“What goes into someone’s mouth does not defile them, but what comes out of their mouth, that is what defiles them.” Matthew 15:11

LYRICS

CHORUS

What’s in my heart comes out my mouth.
If garbage in, then garbage out.
From east to west and north to south.
What’s in my heart comes out my mouth.

VERSE 1

I will be smart,
guarding my heart each day.
'Cause what comes in my eyes and ears
goes in my heart and comes out here.

CHORUS

What’s in my heart comes out my mouth.
If good things in, then good things out.
From east to west and north to south.
What’s in my heart comes out my mouth.

VERSE 2

I will be smart,
guarding my heart each day.
'Cause what comes in my eyes and ears
goes in my heart and comes out here.

CHORUS

What’s in my heart comes out my mouth.
If garbage in, then garbage out.
From east to west and north to south.
What’s in my heart comes out my mouth.

CHORUS

What's in my heart comes out my mouth.
if good things in, then good things out.
From east to west and north to south.
What's in my heart comes out my mouth.
Yee-haw!

REFLECTION

- What does "garbage in, garbage out" mean?
- Have you ever caught yourself using words or phrases (either positive or negative) because you recently heard someone else use them?
- Read Proverbs 4:23. What does it mean to "guard our hearts?"
- This week, pay attention to the connection between what you talk about and what you're thinking about.

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