

# Head, Hand, Heart, Lip, and Life

by Thomas Brooks

---

*True holiness is a diffusive and all-encompassing quality that extends to every aspect of a person's life.*

**Scripture:** Romans 12:1, 1 Thessalonians 5:23

**Topics:** "Holiness", "Transformation"

---

## Description

Thomas Brooks emphasizes that true holiness permeates every aspect of a person's being, affecting the head, heart, lips, and life. He explains that holiness nourishes the understanding, adorns the mind, and influences the will and affections, leading to a life characterized by holy love, grief, joy, sorrow, fear, care, and zeal. This holistic approach to holiness illustrates that it is not merely an external practice but an internal transformation that manifests in every area of life.

---

## Transcript

True holiness is diffusive. It extends, diffuses,  
and spreads itself all over the whole person . . .  
the head and the heart;  
the lip and the life;  
the inside and the outside.

The understanding is nourished on holiness,  
the mind is adorned with holiness,  
the will is bowed to holiness, and  
all the affections are sprinkled,  
yes, clothed with holiness--  
love is holy love,  
grief is holy grief,

joy is holy joy,  
sorrow is holy sorrow,  
fear is holy fear,  
care is holy care,  
zeal is holy zeal.

Real holiness spreads itself over  
head, hand, heart, lip, and life.

"May God Himself, the God of peace, sanctify you  
through and through. May your whole spirit, soul  
and body be kept blameless at the coming of our  
Lord Jesus Christ." 1 Thessalonians 5:23

---

Source: <https://sermonindex.net/speakers/thomas-brooks/head-hand-heart-lip-and-life/>

# *Grow in Your Walk with Christ*

---

Listen and read messages that will stir your heart for Christ and point you to deeper repentance and devotion.

- 50,000+ Sermons from speakers past and present
- 3,900+ Classic Christian Books freely readable online
- 1,200+ Bible Translations and Commentaries
- Over 450k forum posts — Join our vibrant online Christian forum

**[www.sermonindex.net](http://www.sermonindex.net)**