

1. Cheerfulness of heart acts as a medicine in the soul and spirit and body
2. God knew the connection between b\_\_\_\_\_ and s\_\_\_\_\_ long before we did
  - a. He made us
  - b. Psychosomatic Illness is real (what goes on in the psyche (soul) can affect the soma (body))
3. Getting the heart in a r\_\_\_\_\_ relationship to God and others produces cheer, which can contribute to physical well-being

**B. Brokenness of Spirit affects one's physical v\_\_\_\_\_**

1. Proverbs 15:13 told us about brokenness of spirit:
2. Proverbs 17:22 gives some more detail on a broken spirit:
  - a. It dries up the bones
  - b. Great physical problems can arise when the spirits are low
  - c. "Bones" here represent the whole body, affected by brokenness of spirit

→ *SEE Psalm 51:7-9 (David had broken bones??)*

**APPLICATION:**

**TEXT: PROVERBS 12:25**

**TITLE: "Sad Heart, Glad Heart" (part 2)**

→ Proverbs tells us of benefits of a cheerful heart (with the contrasts of a sad heart).

The Book of Proverbs has a lot to say about our psychological well-being. As we read through the book, let's look for references about the heart, being merry or sorrowful, glad or sad.

Review: We studied Proverbs 12:25 and the issue of anxiety. We saw:

1. The Reality of Anxiety—Proverbs 12:25
2. The Location of Anxiety—"in the heart of man"
3. The Work of Anxiety—"causes depression" = "gets us down"
4. The Remedy for Anxiety—"a good word"
5. The Return from Anxiety—"makes it glad"

Now,

**→ The Value/Benefits of a Cheerful Heart:**

**\* A Cheerful Heart ...**

**1. R\_\_\_\_\_ on the Face**

**A. A Rejoicing/Merry/Glad Heart Makes the Face**

**J\_\_\_\_\_**

**1. When the Heart has joy ...**

**2. Then the Face is "made good"**

- a. It is made glad, joyful
- b. The face reflects the heart

c. What lies deep in the heart can evidence itself on the face!

→ ILLUS. "O Say, but I'm Glad" (Rejoice # 526)

→ NOTE: The CONTRAST:

B. S \_\_\_\_\_ of Heart B \_\_\_\_\_ the Spirit

1. When the Heart is in p \_\_\_\_\_ ...

a. Our innermost being can suffer hurt, pain and sorrow

b. Sometimes, these pains are harder to deal with than a physical pain!

→ NOTE usages of "pain":

NKJ Job 9:27-28 "If I say, 'I will forget my complaint, I will put off my sad face and wear a smile,' I am afraid of all my sufferings; I know that You will not hold me innocent."

NKJ Psalm 147:3 "He heals the brokenhearted And binds up their wounds."

c. The Lord is the Healer of deep, intense emotional wounds!!

2. Then the S \_\_\_\_\_ faces brokenness

a. One's demeanor is brought low

b. One's face is sad

c. One's disposition is shriveled up

d. One's energy is reduced

e. One's vitality is gone

NET Proverbs 15:13 A joyful heart makes the face cheerful, but by a painful heart the spirit is broken.

ESV Proverbs 15:13 A glad heart makes a cheerful face, but by sorrow of heart the spirit is crushed.

\* A Cheerful Heart ...

2. Refreshes with a Feast

A. Days of A \_\_\_\_\_ bring misery

1. Sometimes affliction comes to us

2. We may suffer misery from being "poor, humble, needy"

3. There may be times that we choose misery by rejecting God's remedies

B. Cheerful/Good Heart supplies a b \_\_\_\_\_

1. We don't have to remain miserable

2. We can enjoy emotional and spiritual food and drink even in adversity!

\* A Cheerful Heart ...

3. Remedies a Fault

A. A Rejoicing/Merry/Glad Heart Acts Like  
G \_\_\_\_\_ M \_\_\_\_\_

DBY Proverbs 17:22 A joyful heart promoteth healing; but a broken spirit drieth up the bones.