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Proverbs Series: Heart Health #1

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Proverbs 14:

¹⁰ The heart knows its own bitterness, and no stranger shares in its joy. (BSB)

¹³ Even in laughter the heart may ache, and joy may end in sorrow. (BSB)

¹⁴ The backslider in heart receives the fill of his own ways, but a good man is rewarded for his ways. (BSB)

³⁰ A tranquil heart is life to the body, but envy rots the bones. (BSB)

³³ Wisdom rests in the heart of the discerning; even among fools she is known. (BSB)

Intro: The Hebrew word for “heart” that is used here, “Leb” (Labe,) means the center of a person. The seat of a person’s mind, emotions and will.

1. Verse 10: All humans have **secret** bitterness and **secret** joys in their heart.
2. Verse 13: Our outward **appearance** is no indication of what is going on in our heart.
3. Verse 14: Our behavior has **consequences** to our heart, both good and bad.
4. Verse 30: A **contented** heart brings peace and health to our bodies.
5. Verse 33: We must desire God’s wisdom to **dominate** our mind, our emotions and will. Even the foolish desire such things.

Conclusion: Let’s spend some time in prayer praying through these verses, asking God to give us healthy hearts.