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**Proverbs Series: Heart Health #1**

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**Proverbs 14:**

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

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

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

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

<sup>33</sup> 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 \_\_\_\_\_ bitterness and \_\_\_\_\_ joys in their heart.
2. Verse 13: Our outward \_\_\_\_\_ is no indication of what is going on in our heart.
3. Verse 14: Our behavior has \_\_\_\_\_ to our heart, both good and bad.
4. Verse 30: A \_\_\_\_\_ heart brings peace and health to our bodies.
5. Verse 33: We must desire God’s wisdom to \_\_\_\_\_ 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.