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Pastor Ken Sistrunk

Proverbs Series: Heart Health #2

Proverbs 15:

- ⁷ The lips of the wise spread knowledge, but not so the hearts of fools.
- ¹³ A joyful heart makes a cheerful countenance, but sorrow of the heart crushes the spirit.
- ¹⁴ A discerning heart seeks knowledge, but the mouth of a fool feeds on folly.
- ¹⁵ All the days of the oppressed are bad, but a cheerful heart has a continual feast.
- ²⁸ The heart of the righteous ponders how to answer, but the mouth of the wicked blurts out evil.

Intro: The heart of a person is synonymous with their actions in all of these verses. Our heart is made up of our mind, our emotions, and our will.

1. A wise person uses their voice to spread **knowledge**. V. 7 If we don't know it to be 100% true we must not spread it.
2. The **condition** of our heart will affect how others perceive us. V. 13 We can do self-checks on our heart to increase our joy.
3. A wise person will continue to **grow** in knowledge. We can use our will to increase our knowledge every day. V. 14
4. A wise person is not a **victim** of circumstances. A heart that is cheerful is always a life that is full. V. 15
5. A wise person weighs their words **before** they speak. Not every word thought should be spoken. V. 28

Conclusion: Let's pray through each verse and ask God to help us to have a good heart.