

**Proverbs 17:22, “A merry heart doeth good like a medicine: but a broken spirit drieth the bones.”**



**PRAISE THE LORD!!**

Proverbs 12:25, “Heaviness in the heart of man maketh it stoop: but a good word maketh it glad.”

We all find ourselves attracted by those people who have a continual merry spirit and are repelled by those whom we consider sour grumps. A merry person causes us to feel merry just like a grump will make us feel droopy and sad.

Isaiah 50:4, “The Lord GOD hath given me the tongue of the learned, that I should know how to speak a word in season to him that is weary: he wakeneth morning by morning, he wakeneth mine ear to hear as the learned.”

This verse talks about speaking the right words of encouragement. Where did he get those words? When did he get those words? How often did he go to the well of encouragement so he could encourage others?

If Isaiah was to give us words of encouragement today, it would be similar to the following:

Matthew 11:28, “Come unto me, all ye that labour and are heavy laden, and I will give you rest.”

Isaiah would point us to Christ, the well of encouragement.

Discouragement is easy to propagate. Our flesh loves a pity party. But our discouragement can spread like a wild fire and spiritually hurt those we influence, our spouses, friends and children.

Psalms 22:14-15, “I am poured out like water, and all my bones are out of joint: my heart is like wax; it is melted in the midst of my bowels. My strength is dried up like a potsherd; and my tongue cleaveth to my jaws; and thou hast brought me into the dust of death.”

Proverbs 15:13, “A merry heart maketh a cheerful countenance: but by sorrow of the heart the spirit is broken.”

Proverbs 15:15, “All the days of the afflicted are evil: but he that is of a merry heart hath a continual feast.”

This verse paints a beautiful picture of the Christian living in the midst of God’s peace even during the storms of life. God’s peace makes one merry and that peace is a continual feast.

As we read the following verses, let's make note of when God wants us to be merry and what God wants to be merry about. Let's mark key words found and ponder over them.

2 Chron. 7:10, "And on the three and twentieth day of the seventh month he sent the people away into their tents, glad and merry in heart for the goodness that the LORD had shewed unto David, and to Solomon, and to Israel his people."

Jeremiah 30:19, "And out of them shall proceed thanksgiving and the voice of them that make merry: and I will multiply them, and they shall not be few; I will also glorify them, and they shall not be small."

Jeremiah 31:4, "Again I will build thee, and thou shalt be built, O virgin of Israel: thou shalt again be adorned with thy tabrets, and shalt go forth in the dances of them that make merry."

Luke 15:23-24, "And bring hither the fatted calf, and kill it; and let us eat, and be merry: For this my son was dead, and is alive again; he was lost, and is found. And they began to be merry."

Luke 15:32, "It was meet that we should make merry, and be glad: for this thy brother was dead, and is alive again; and was lost, and is found."

Luke 15:7, "I say unto you, that likewise joy shall be in heaven over one sinner that repenteth, more than over ninety and nine just persons, which need no repentance."

Matthew 9:2, "And, behold, they brought to him a man sick of the palsy, lying on a bed: and Jesus seeing their faith said unto the sick of the palsy; Son, be of good cheer; thy sins be forgiven thee."

Matthew 14:27, "But straightway Jesus spake unto them, saying, Be of good cheer; it is I; be not afraid."

Mark 6:50, "For they all saw him, and were troubled. And immediately he talked with them, and saith unto them, Be of good cheer: it is I; be not afraid."

John 16:33, "These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world."

Acts 23:11, "And the night following the Lord stood by him, and said, Be of good cheer, Paul: for as thou hast testified of me in Jerusalem, so must thou bear witness also at Rome."

Acts 27:22, "And now I exhort you to be of good cheer: for there shall be no loss of any man's life among you, but of the ship."

Acts 27:25, "Wherefore, sirs, be of good cheer: for I believe God, that it shall be even as it was told me."

Acts 27:36, "Then were they all of good cheer, and they also took some meat."



GRUMPY



HAPPY