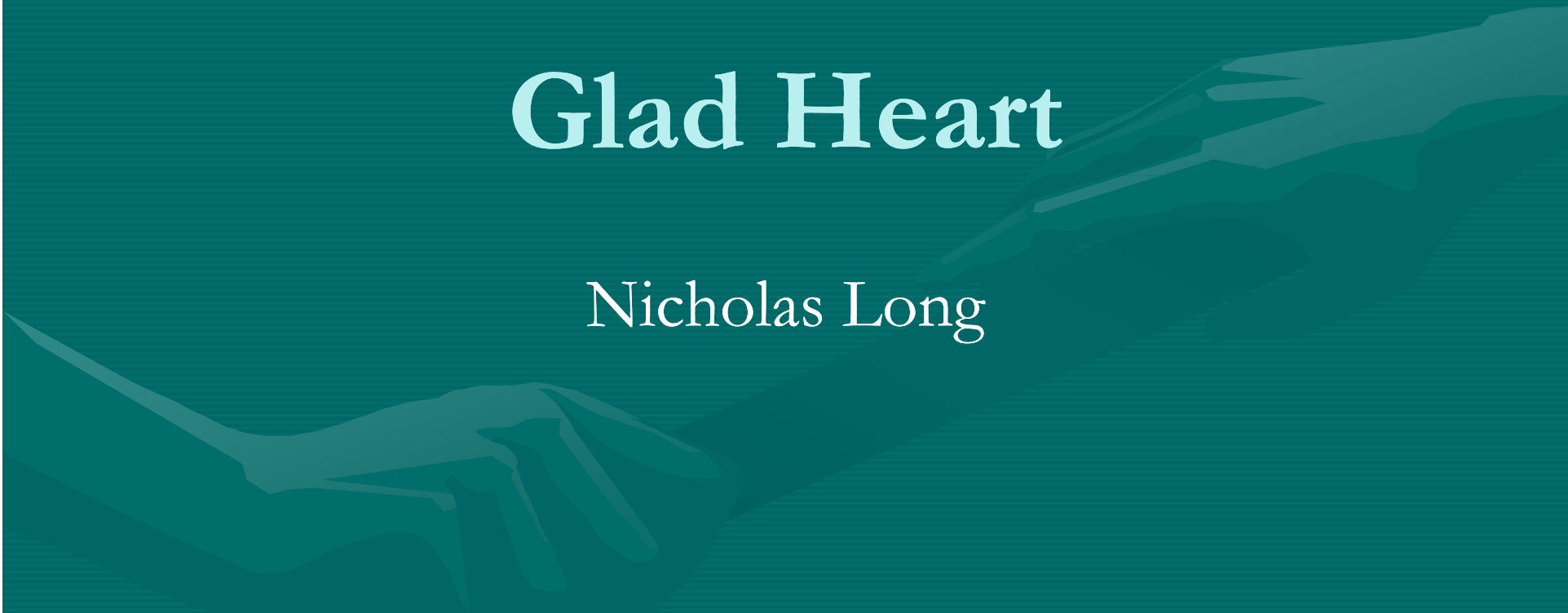


Glad Heart

Nicholas Long



Introduction:

Daily life brings us many joys but also life will bring us sorrows too. These emotional ups and downs are common to mankind. The book of Proverbs gives a variety of wise counsel regarding how we handle each of these emotions as well as the friends with whom we share such times in life.

What has a part to play in our healthy well-being?

- Proverbs

- 12:25

- 15:15, 30

- 16:24

- 25:25



But is happiness and singing always the
answer to all

- Let's look at Proverbs

- 25:11, 20



Can a glad heart help overcome bodily infirmities?

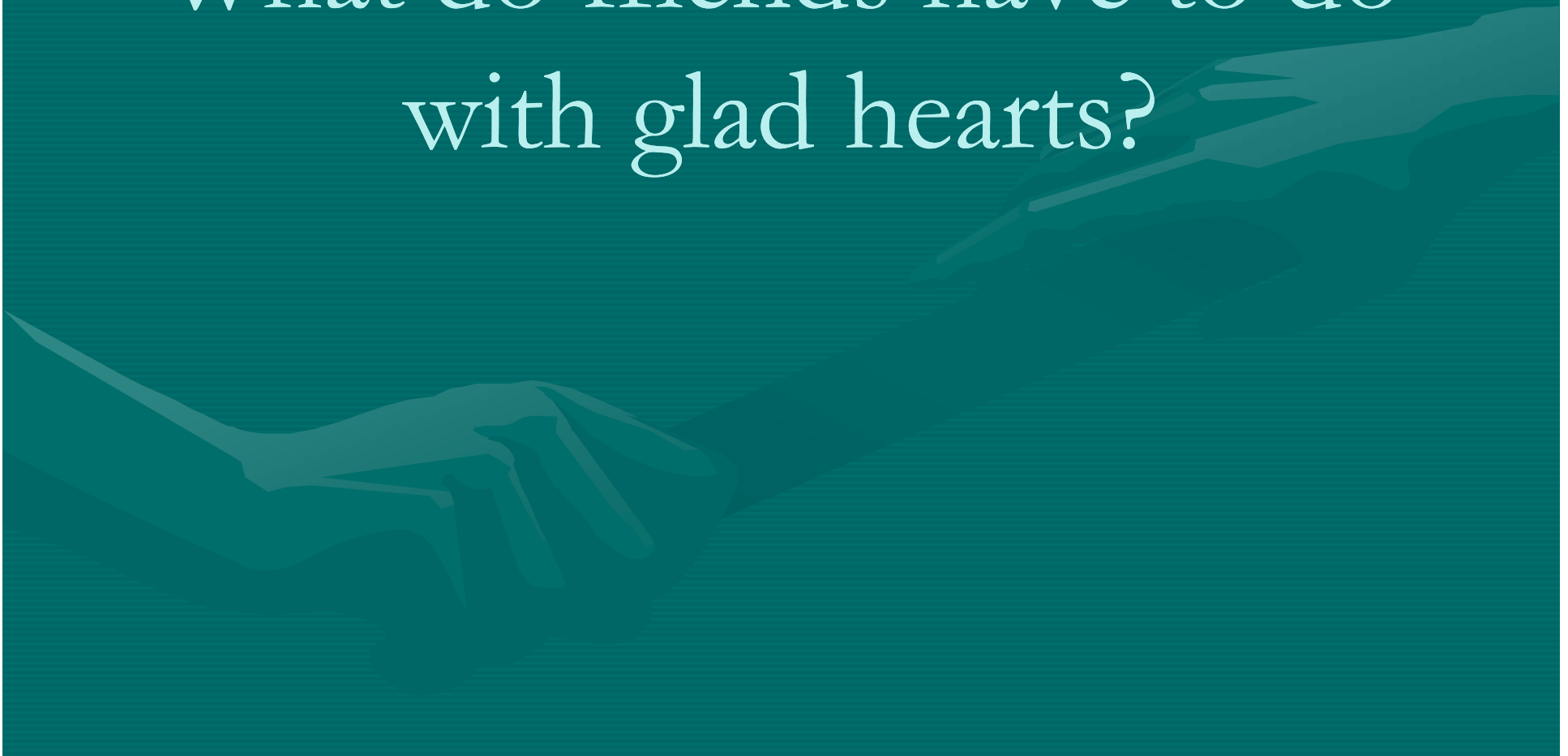
- Proverbs

- 17:22

- 18:14



What do friends have to do
with glad hearts?



Good counsel is sweet and sharpens the
mind

- Proverbs 27:9, 17



Friends are faithful

- Proverbs

- 17:17

- 18:24

- 27:5-6, 10



Brining altogether

- A counsel of good friends is sweet and sharpens the mind. Good friends will be there to edify us when we need it. They will be there to put us in our place when we need it. They will bring us a glad heart for it is like a good medicine. With a glad heart we can bring glad words and tidings to those who need them being ever so careful not to say the wrong thing and wound a brother and bring them down.