

PROVERBS 17:22

PS IMELDA MESA

CHEERFUL HEART

12 NOV | 9:30 AM

ARDELLE PARK + FB LIVE

**A cheerful heart is good
medicine, but a crushed
spirit dries up the
bones.**



Proverbs 17:22



I. Stress, Anxiety, and Discouragement Weigh A Person Down.

- **Job experienced it.**

Job 6:2

"Oh, that my grief was fully weighed,
and my calamity laid with it on the
scales."



I. Stress, Anxiety, and Discouragement Weigh A Person Down.

- **Paul had it.**

2 Corinthians 1:8

"For I do not want you to be ignorant, brethren, of our trouble which came to us in Asia: that we were burdened beyond measure, above strength, so that we despaired even of life."



I. Stress, Anxiety, and Discouragement Weigh A Person Down.

- **Jesus went through it.**

John 12:27

"Now My soul is troubled, and what shall I say?" "Father, save Me from this hour? But for this purpose, I came to this hour."



I. Stress, Anxiety, and Discouragement Weigh A Person Down.

- **Jesus went through it.**

John 13:21

When Jesus had said these things, He was troubled in spirit and testified and said, "Most assuredly, I say to you, one of you will betray Me."



II. A Cheerful Heart Comes From:

- **God's Presence**

Psalm 16:11

"In Your presence is fullness of joy; At your right hand is pleasure forevermore."



II. A Cheerful Heart Comes From:

- **God's Word**

Jeremiah 15:16

"Your words were found, and I ate them, And Your word was to me the joy and rejoicing of my heart; For I am called by Your name, O Lord God of hosts."



II. A Cheerful Heart Comes From:

- **God's Actions**

Isaiah 61:10

I will greatly rejoice in the Lord, My soul shall be joyful in My God; For He has clothed me with the garments of salvation, He has covered me with the robe of righteousness, As a bridegroom decks himself with ornaments, And as a bride adorns herself with jewels.



II. A Cheerful Heart Comes From:

- **God's People**

Hebrews 10:25

Do not forget the assembling of the believers as in the habit of some.





Pray with us

For “whoever calls on
the name of the Lord
shall be saved.”

ROMANS 10:13



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