



# Merry Heart Merry Christmas

PROVERBS 15:13 & 15; 17:22 • CHURCH BIBLE PAGE #697

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

- The word “merry” means joyful and rejoicing.
- Many people will not have a Merry Christmas because they have **sorrow** of the heart.
- The word “sorrow” means a \_\_\_\_\_ or a wound.
- Can we overcome a wounded spirit and experience the merry heart that God’s Word talks about? Through Christ, yes, absolutely we can!

## Where do wounds of the spirit come from?

- Everybody suffers wounds as they travel through life. Wounds come from a variety of areas:
  1. There are \_\_\_\_\_-inflicted wounds.
    - This is when we make bad \_\_\_\_\_ that lead to bad consequences.
  2. There are \_\_\_\_\_-inflicted wounds.
    - People can and will \_\_\_\_\_ you. **Psalms 41:9**
  3. There are \_\_\_\_\_-inflicted wounds.

- There are some wounds that come from just living on an earth that has been cursed by \_\_\_\_\_.

4. There are \_\_\_\_\_-inflicted wounds.

*“Lest Satan should get an advantage of us: for we are not ignorant of his devices.” 2 Corinthians 2:11*

## How do I respond to wounds of the spirit?

- As a believer in Christ, you **do** have a choice!
- Choice #1 — We can allow Satan to take our wounds and use them for our \_\_\_\_\_ and destruction.

*“Put on the whole armor of God, that you may be able to stand against the wiles of the devil.” Ephesians 6:11*

- What happens when we allow Satan to exploit our wounds?
- Proverbs 17:22 says that it dries the bones. We become walking skeletons, quenching the \_\_\_\_\_ of Christ within us.
- Choice #2 — We can turn our wounds over to Christ and find our inner \_\_\_\_\_ in Christ.

*“Casting all your care upon him; for he cares for you.” 1 Peter 5:7*

- When we choose to focus on all that we possess in Christ, we find ourselves rejoicing in Him, and Proverbs says that a merry heart does good like a medicine (cure).
  - It brings internal \_\_\_\_\_. **17:22**
  - It brings external evidence. **15:13**