

THE CHEERFUL HEART HAS A CONTINUAL FEAST

*“A miserable heart means a miserable life;
a cheerful heart fills the day with song.”* Proverbs 15:15

If we intend to lead joyful lives over the long haul, we need to integrate little celebrations into the pattern of our lives. One of the dangers of becoming a highly disciplined person is that it is possible to plan and structure the joy out of life and reach the place of joylessness.

- Time is money, take Work home, stop burning day light, get-err done and cram more in! My.....husband/wife/children/church/family/work/finances is the root of my gloomy spirit....

A Miserable Heart Means A Miserable Life Proverbs 15:15a

It is common knowledge that 50% or more of illness like anxiety, fear, panic attacks, fibromyalgia, depression, lack of sleep, intestinal, migraines, blood pressure, prescription drug abuse to name only a few can be attributed to psychosomatic (soul) issues. If days... weeks...months... or years are spent on anxious thoughts, regrets and forebodings about past, present and future performance issues it will make the heart miserable! God knows we need laughter, fellowship, fun, spontaneity and celebration; these provide a necessary life-giving balance so we don't inadvertently veer off the path of discipline and onto a deceptive detour that is legalistic, rigid, dull, foreboding, full of regrets, draining and joyless.

*“Beloved, I pray that you may prosper in all things and be in health,
just as your soul prospers.”* ³ John 2

If the heart is made glad the Word of God says it will create a healthy feast regardless of the circumstances!

A Cheerful Heart Fills The Day With Song Proverbs 15:15b

It is not complicated...take life back! Simply fear God and worship Him, know that He is and keep His commandments, this is the original purpose of why He created us. The fruit of the Spirit is seen in a glad character and becomes the foundation of happiness in Christ. It will adjust all inharmonious circumstances and conditions under the sun for every person. Gal. 5:22-23

† Eccl 12:13 AMP

APPLICATION: How often do you celebrate small things? What could you do to better balance order, structure, laughter and fun in your life? Blessings occur when born-again believers follow spiritual laws created by God, then blessings become abundant, they are part of everyday life. They are promised to everyone who obeys God's Word. Summer is here what will you do...vacation, staycation or Psychosomatic-cate? God will not do the impossible until we have done the possible.



Blessings Pastor Bob Hill

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