

A Merry Heart

Proverbs 15:13, 15; 17:22

No Shame in Sorrow

- “Even in laughter the heart may be in pain, and the end of joy may be grief” (Proverbs 14:13).
- “Sorrow of some kind either mingles itself with outward joy, or follows hard upon it” (Barnes).
- “Sorrow is better than laughter, for by a sad countenance the heart is made better” (Eccl. 7:3).
- Need to be careful in dealing with those in sorrow: Proverbs 25:20; 14:10.

Danger in Discouragement

- It's hard to stay busy doing good when we're discouraged.
- We become much more vulnerable to false teaching.
- We're more likely to cause strife among brethren.
- Our influence will be greatly diminished.
- We may even turn some away from the truth.

How to Keep a Merry Heart

- Find joy in the truth—in the ways of the Lord.
 - Certain teachings can seem so right, because they make us feel so good. Proverbs 14:12; 28:26.
 - Proverbs 14:14; 4:14–19; 16:20.
 - Proverbs 3:5–7.

How to Keep a Merry Heart

- ENJOY the fruits of our labors—in both the physical and spiritual realms.
 - Proverbs 13:12, 19.
 - Proverbs 12:11, 14
 - Proverbs 11:30; 12:18, 25; 15:23; 16:24; 27:9.

How to Keep a Merry Heart

- Develop the twin virtues of gratitude and contentment.
 - Proverbs 13:25; 27:7.
 - Proverbs 30:15–16.

How to Keep a Merry Heart

- Eliminate envy.
 - Proverbs 14:30.
 - Don't be envious of others' possessions, talents, attention, etc.

How to Keep a Merry Heart

- Rejoice in the hope of eternal life.
 - Proverbs 15:24; 23:17–18.