

HEALING PRINCIPLES - V

“A Merry Heart Does Good Like a Medicine”

(Prov 17:22 KJV) A merry heart doeth good like a medicine: but a broken spirit drieth the bones.

I. GOD’S DESIRE TO MAKE US WHOLE--that includes our soul.

II. THE EFFECTS OF A MERRY HEART.

- A. (Prov 15:13 KJV) A merry heart maketh a cheerful countenance: but by sorrow of the heart the spirit is broken.
- B. (Prov 15:15 KJV) All the days of the afflicted are evil: but he that is of a merry heart hath a continual feast.
- C. (Prov 17:22 KJV) A merry heart doeth good like a medicine: but a broken spirit drieth the bones.

III. A BROKEN SPIRIT DRIES THE BONES.

- A. ***A broken spirit is one that is afflicted.***
- B. ***A broken spirit is one that is anxious and fearful.***
 - 1. (Psa 37:1 KJV) A Psalm of David. Fret not thyself because of evildoers, neither be thou envious against the workers of iniquity.
 - a. Fret - "To eat away, gnaw, gall, vex, worry, agitate, wear away."
 - 2. Four positive suggestions regarding worry or fretting.
 - a. Trust in the Lord.
 - b. Delight yourself in the Lord.
 - c. Commit your way to the Lord.
 - d. Rest in the Lord and wait patiently for Him.
 - 3. The principle in this psalm is:
 - a. "Give up fretting and replace it with trusting God, relying upon Him to provide and expect Him to do so.
 - b. Release yourself completely to Him."
- C. ***A broken spirit is one that is frustrated, angry, and bitter.***
- D. ***A broken spirit is one that is depressed.***
 - 1. (Psa 6:2 KJV) Have mercy upon me, O LORD; for I am weak: O LORD, heal me; for my bones are vexed. (Psa 6:3 KJV) My soul is also sore vexed: but thou, O LORD, how long?
 - 2. (Psa 42:11 KJV) Why art thou cast down, O my soul? and why art thou disquieted within me? hope thou in God: for I shall yet praise him, who is the health of my countenance, and my God.
 - 3. (Psa 63:5 KJV) My soul shall be satisfied as with marrow and fatness; and my mouth shall praise thee with joyful lips:

IV. THE ANTIDOTE FOR A BROKEN SPIRIT IS BEING CHEERFUL.

- A. ***Cheer up, things could be worse. I cheered up, and sure enough, cheers were worse!***
- B. ***What do I have to be cheerful of?***

1. (Hab 3:18 KJV) Yet I will rejoice in the LORD, I will joy in the God of my salvation.
2. Count it all joy when you fall into divers temptations.
3. Rejoicing in hope. (Rom 12:12 KJV) Rejoicing in hope; patient in tribulation; continuing instant in prayer;
4. Rejoicing to suffer for His name.
5. The righteous rejoice.
 - a. (Psa 118:15 KJV) The voice of rejoicing and salvation is in the tabernacles of the righteous: the right hand of the LORD doeth valiantly.
 - b. (Prov 29:2 KJV) When the righteous are in authority, the people rejoice: but when the wicked beareth rule, the people mourn.

V. BE OF GOOD CHEER.

A. *Sins forgiven.*

1. (Mat 9:2 KJV) And, behold, they brought to him a man sick of the palsy, lying on a bed: and Jesus seeing their faith said unto the sick of the palsy; Son, be of good cheer; thy sins be forgiven thee.
2. (Luke 10:20 KJV) Notwithstanding in this rejoice not, that the spirits are subject unto you; but rather rejoice, because your names are written in heaven.

B. *It is I--be not afraid.* (Mat 14:27 KJV) But straightway Jesus spake unto them, saying, Be of good cheer; it is I; be not afraid.

C. *I have overcome the world.* (John 16:33 KJV) These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world.

D. *You will be a witness to me at Rome.*

1. 40 Jews bound themselves by curse to not eat or drink until Paul was killed (they had to starve themselves at least 2 years!).
2. Provision of 200 soldiers, 70 horsemen, 200 spearmen to protect Paul.
3. There will be no loss of life.
4. Be of good cheer--I believe God.
5. They were of good cheer and ate meat.

E. *Soul satisfied as with marrow.*

1. (Psa 63:5 KJV) My soul shall be satisfied as with marrow and fatness; and my mouth shall praise thee with joyful lips:
2. (Prov 3:5 KJV) Trust in the LORD with all thine heart; and lean not unto thine own understanding.
 (Prov 3:6 KJV) In all thy ways acknowledge him, and he shall direct thy paths. (Prov 3:7 KJV) Be not wise in thine own eyes: fear the LORD, and depart from evil.
 (Prov 3:8 KJV) It shall be health to thy navel, and marrow to thy bones.

I. A GOOD SENSE OF HUMOR.

A. *Humor the most physical of the positive emotions and the best-known antidote*

for worry.

1. Impossible to genuinely laugh and worry at same time.
 2. Humor stirs the insides and gets the endocrine system going.
- B. ***When we laugh chemical changes take place.***
1. Can stimulate circulation, restore muscle tone, facilitate digestion, relieves headaches, contributes to a better-functioning cardiovascular system, sets off body's own pain-lessening enzymes.
 2. Like physical exercise, laughter reduces depression, stress, and hypertension.
 3. Can minimize possibility of strokes and heart attacks, ulcers, chronic headaches, and a host of other ailments.
- C. ***People we admire have good sense of humor.***
- D. ***Effective leaders have learned to use humor.***
- E. ***In business, humor can:***
1. Establish camaraderie between co-workers, reduce absenteeism, increase motivation, improve morale, encourage productivity, build relationships, and help employees cope with stressful situations.
 2. Laughter adds color and richness to ordinary days.
- F. ***"Blessed is he who has learned to laugh at himself, for he shall never cease to be entertained."***
- G. ***Happiness and joy.***
1. Grimness not Christian virtue--if no joy, missed heart of Good News and body and soul will suffer.
 2. Can't kill a happy man.
 3. Happy people rarely get sick, and recover quickly if they do.

HOPE.

- A. ***Hope deferred makes one sick.*** (Prov 13:12 KJV) Hope deferred maketh the heart sick: but when the desire cometh, it is a tree of life.
- B. ***Can't be whole person without being excited about your future.***
1. If not excited, defeated and in despair.
 2. State of hopelessness can create climate in which serious problems can develop.
- C. ***Simple definition: Believe good things are about to happen.***
- D. ***Dreams and visions make us excited about the future.***
If too old to dream, then you're too old.
Dreams and hopes are powerful motivating forces.
Gives you something to live for.
- When you expect great things for yourself or others, set force in motion that work toward producing those great things.***
- Absence of hope leads to depression, anxiety, despair, stress, and leads to mental and physical problems.***