



# “A Merry Heart”

Wed July 17, 2024

## I. **Proverbs 17:22**

### A. What is a merry heart?

1. **Merry – Blithe, Gleeful; Joyful or Merry (Happy)**
2. Happiness is what everyone seeks to obtain. Typically, it is an emotional state characterized by feelings of joy, satisfaction, and fulfillment. Key Signs of happiness include:
  - Feeling like you are living the life you wanted
  - Feeling like the conditions in your life are good
  - Enjoying positive and healthy relationships with other people
  - Experiencing Gratitude
  - Feeling like you are living life with meaning and purpose

### B. **Your Happiness is the Key to Your Health**

1. Cure is the simple definition of “Medicine”.
2. Notice the opposite: **“A Broken Spirit Dries the Bones.”**
  - Bone marrow is the soft, fatty tissue inside of bone cavities. Components of your **blood** including red and white blood cells and platelets form inside of your bone marrow. It's responsible for creating billions of red blood cells daily, along with white blood cells and platelets. Bone marrow also stores fat that turns into energy as needed.
  - *If your spirit is broken (not happy), then your bone marrow is affected and it will not be as strong against physical ailments and disease because there is no power in the Blood.*

## II. Choose to Be Happy....(Your emotions vs. your decisions)

### A. **Hebrews 4:12** (Keep the Word First in your life)

1. Notice the comparison of soul and spirit and joints and marrow...
2. The blood is the most important thing for any believer. It represents the *very life of God Himself*—the Spirit of God within the human spirit, as the blood flowing through and from the marrow, imparting the very Life of God to the human spirit; this is where the life must flow to activate the ‘joints’ within the human soul, and produce that pattern of behavior which enables man to bear the anointing of God!

### B. **Proverbs 15:13-15**

1. Put on the garment of praise...Choose to Joy, rather than trying to have joy!
2. Your happiness is the key to living; pursue it, find it, keep it!