
EMBRACING THE CALL

You & Titus 2 Newsletter

AUGUST 2022

The Cheerful Heart

Proverbs 15:13-15 ESV

13 A glad heart makes a cheerful face, but by sorrow of heart the spirit is crushed. 14 The heart of him who has understanding seeks knowledge, but the mouths of fools feed on folly. 15 All the days of the afflicted are evil, but the cheerful of heart has a continual feast.

Notice that the verses above do not refer to circumstances as glad (vs. 13) or cheerful (vs. 15). The opportunity for a Christian woman to experience true abiding joy is not dependent upon her life circumstances. It depends upon the condition of her heart. A woman whose heart has complete trust in the Lord can walk through life, no matter the circumstances, with a continual feast. It is a feast of the heart as God's Spirit lives and rules there.

According to Proverbs 15:13, the condition of the heart impacts what happens on a person's face. Most women spend time each morning making their faces more attractive to others. But a Christian woman knows it is most important to spend time each day preparing her heart for the exact same reason. Others notice a sincere smile that radiates from inner peace and trust.

Are other believers inspired by your cheerful face that reaffirms your source of joy and purpose no matter what comes your way? Are unbelievers surprised by your consistent feast of spirit and curious about the reason for your peace? When a heart is in love with Jesus, it spills out through a cheerful face. What a blessing to know your smile can be an instrument of God to encourage the saints and draw unbelievers to Himself!

What do others perceive about the condition of your heart? Proverbs 15:14 gives us some insight into how to cultivate a glad heart displayed through a cheerful face, "The heart of him who has understanding seeks knowledge, but the mouths of fools feed on folly." I don't want to be at a dinner table with fools who are feeding on folly (Proverbs 15:14). It is no secret that this world with all its trappings offers a buffet of distractions to keep believers from being hungry for the sound (healthy) doctrine of Truth.

I remember reading that the most effective skincare routine is to eat nutritious food. A poor diet leads to a poor skin situation. Well, it is just as true for the heart. A poor diet for the heart leads to a poor heart situation. We must seek to feed our hearts with the knowledge of God's Word. We know our hearts will enjoy the continual feast of God's goodness at His table forever (Psalm 107:9, Revelation 19:9).

As Christian women, we are those who have understanding (Proverbs 15:14). Our understanding of God's great love and the saving sacrifice of Christ (John 3:16) allows us to turn away from any deceitful dish of folly. Even when sadness overwhelms our spirits (and God knows our struggles), we should not stay stuck there for we seek to be well nourished in our hearts. Our faces will once again show it!

Learning About the Continual Feast and a Cheerful Face

Psalm 15:13-15

We have been invited to the marriage supper of the Lamb (Revelation 19:9)! That news should impact our faces! However, the most exciting thing is that the feasting can begin now. The 23rd Psalm tells us that David was already experiencing a table prepared before him. This can be true for every believer.

What is more, it is prepared before our enemies (Psalm 23:5). Now let's consider this table from the perspective of Jesus and His sacrificial love. Oh, that our enemies would see the fruit of the Spirit in who we are and be drawn to God's table along with us. The feasting table does not give us any right to gloat but to testify to the goodness of God. Even our enemies should see in our faces the cheerfulness of a glad heart (Psalm 15:13).

The following Scripture passages and discussion questions can provide a conversation starter about the impact of God's feast in our lives.

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13 A glad heart makes a cheerful face, but by sorrow of heart the spirit is crushed. 14 The heart of him who has understanding seeks knowledge, but the mouths of fools feed on folly. 15 All the days of the afflicted are evil, but the cheerful of heart has a continual feast.

Matthew 6:21 ESV

21 For where your treasure is, there your heart will be also.

Galatians 5:22-23 ESV

22 But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, 23 gentleness, self-control; against such things there is no law.

Psalms 23:5

You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows.

Revelation 19:9 ESV

And the angel said to me, "Write this: Blessed are those who are invited to the marriage supper of the Lamb." And he said to me, "These are the true words of God."

Matthew 11:28-30 ESV

28 Come to me, all who labor and are heavy laden, and I will give you rest. 29 Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. 30 For my yoke is easy, and my burden is light."

Discussion Questions:

- After reading Psalm 15:13-15, how would you describe the difference between the one with understanding and the fool? Why do you think so many get trapped in the ways of the fool?
- Why do you think a cheerful heart is compared to a continual feast? Why is the condition of our heart so important to God (Consider Matthew 6:21)?
- According to Galatians 5:22-23, who is producing the love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control in a Christian's life? What do you think would hinder this from happening?
- How could Psalm 23:5 and Galatians 5:22-23 work together to help understand the evangelistic impact of a Christian testimony?
- While a cheerful heart is a blessing in this life as we feast on the goodness of God, what does Revelation 19:9 promise for our future?

Trainer's Prayer List

Pray that they will beneficially love their husbands

Pray that they will beneficially love their children

Pray for their self-control

Pray for their purity

Pray for their work at home

Pray for their hearts to show kindness

Pray for wisdom in following their husband

