

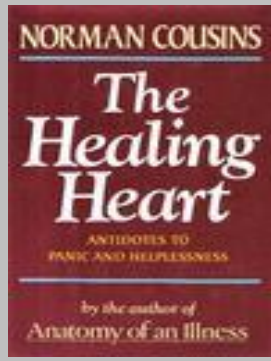
# HEART OF THE MATTER

John 16:33



• Our mental attitude, cheerfulness or lack of has a great deal to do with:

- Whether we get sick
- How bad you get sick
- Whether you get well
- How quickly you get well



The tragedy of life is not death but what we let die inside of us while we live.

~ Norman Cousins



# HEART OF THE MATTER

- Proverbs 4:23 – Guard your heart for out of it flow the issues of life...





\*ADAM

# Heart Disease

- Because of life's issues, our hearts can be affected because of:
  - Worry/anxiety that brings us down...Prov. 12:25
  - Bitterness in us...Prov. 14:10
  - Grief that overrides laughter...Prov. 14:13
  - Heartache that crushes our spirit...Prov. 15:13
  - Crookedness leading to poverty...Prov. 17:20



\*ADAM



©ADAM

# Heart Remedy/Medicine



©ADAM

- Having a peaceful heart gives life to our bodies...Prov. 14:30
- Having a cheerful/glad heart provides for a happy countenance...Prov. 15:13
- Having a cheerful heart allows for life being a continual feast...Prov. 15:15
- Having a cheerful heart provides medicine for healing our bodies...Prov. 17:22



©ADAM

# The Prescription



©ADAM

- The key to getting and maintaining a Healthy Heart – John 16:33
  - Peace: living our lives in Christ
  - Take heart, i.e. be of GOOD CHEER, COURAGE is a statement of CHOICE
  - He, Christ, has subdued and conquered in order to bring VICTORY into our lives
  - Therefore, it is our RESPONSIBILITY to take proper medication in order to obtain a HEALTHY HEART!

- “Each patient carries his own doctor inside him.”
- “Hearty laughter is a good way to jog internally without having to go outdoors.”

Norman Cousins