

# Our Words | Proverbs 12

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[ 0 : 00 ]     How many of you can say the night that the Lord has made your heart glad? Amen. I can say the words to that song, Made My Heart Glad. Proverbs chapter number 12, if you would please join me there. Proverbs chapter number 12, verse 25, it says, Heaviness in the heart of man maketh it stoop, but a good word maketh it glad.

And I'm thankful for the ministry of music that makes my heart glad, that brings truth to me. Let's read that together. Proverbs 12, 25. Ready? Heaviness in the heart of man maketh it stoop, but a good word maketh it glad.

I pray that's a ministry that 100% of you in here would take on yourself to say, I want my words to be used to bring gladness in the heart of other people. Brother Dylan did a great job preaching about the opposite side of that, how our words could be used to destroy and our unbridled tongue could really hurt people.

But God has given us an incredible ability that our words can have an effect in somebody's heart and make it glad. Isn't that incredible? That God would allow us to have that type of influence or power in another person's life.

Me and Pastor Larry, before the service, we went to El Portom. I am unashamedly an imitator of my pastor. And so where did we go? We had Mexican. And I think I need to eat a lot of Mexican.

[ 1 : 14 ]     That may be one of his secrets to success. And we were talking about things that we love about church. He loves his church. I love this. And we said some of the best things that happen can't be put in a brochure. They can't be seen necessarily when you visit.

But they're cultural things. They're just things that people do because they have been changed by the word. Being an encourager is one of those things that every church needs. We can't have enough people.

We can't sign up enough people for this. It's like a wanna. We can't get enough volunteers for the ministry of encouragement. I saw a picture of college basketball last year where a young man was walking down the court and another man, a young player, took him by the chin and he brought his head up.

And it was just great, wasn't it? Because that kid had great influence on his team to tell him to pick his head up, right? And as Christians, I need you and you need me to help you make our hearts glad.

And our words get to do that. So that's Proverbs 12, 25. I have about 50 verses tonight that I would love to read every one of them to you. And I'm gonna read many of them. And Josh Harrington, a friend of mine, pastors down the road here, when he first started preaching, he said, for the sake of time, I'm gonna read the entire chapter.

[ 2 : 19 ]     Meaning he was trying to eat up time, right? Well, not for the sake of time, but for the sake of the fact that nobody knows your heart better than your creator. We wanna know what God says about our heart.

And so I will give some commentary on some verses, but the most important thing I'm gonna do tonight, I'm gonna read some Proverbs to you that talk about your heart. All right, so I'm gonna ask that you, you stay with me.



I'm gonna read to you right now about eight or nine different verses that we'll talk about here in a moment. You know what I mean when I say we talk about it. I'm gonna preach, you're gonna listen. But it sounds nicer when I say it like that, all right? So I'm gonna preach to you these Proverbs.

But let's start. I've already read verse 25. Heaviness in the heart of man maketh it stoop, but a good word maketh it glad. 14.10. The heart knoweth his own bitterness, and a stranger doth not intermeddle with his joy.

14.13. Even in laughter the heart is sorrowful, and the end of that mirth is heaviness. 15.4. A wholesome tongue is a tree of life, but perverseness therein is a breach in the spirit.

[ 3 : 17 ] 18.14. The spirit of a man will sustain his infirmity, but a wounded spirit who can bear. 14.30. A sound heart is the life of the flesh, but envy the rottenness of the bones.

Proverbs 11.20. They that are a forward heart are an abomination to the Lord, but such are the upright in their way are his delight. 15.25.20.

As he that taketh away a garment in cold weather, as vinegar upon nighter, so is he that singeth songs to a heavy harp. Heavenly Father, I ask that you'll be with us now. You are not quiet about the condition of our heart and the ministry that we can have once another, and I do not want to be quiet about it right now.

But I want you to speak. But I want to be a mouthpiece for your words to the hearts of your created beings, Lord, that have been redeemed. I pray that you would convict us tonight, Lord, and enable us through your grace to be ministers of our words to other people.

In Jesus' name I pray. Amen. So that first verse that we read, the heaviness of the heart of a man. Talk about the heart of a man. What does it mean? We use it properly in English when we talk about a heart.

[ 4 : 24 ] We don't often talk about it meaning just the physical aspect of it. When we talk about it, we talk around Valentine's Day, we mean the inner man that is there. People don't know that part of us.

Proverbs 14, 10 says, The heart knoweth his own bitterness, and estranges his inner man with his joy. Your heart knows its own bitterness. Only you can know and fully experience what is going on, the inner pain and inner joy.

We tell people on occasion, hey, I know what you're feeling, but it's never true. You never know what somebody's feeling. You may have walked down the same path as them, but your circumstances aren't the same.

Your response is not the same. I can't know what it's like to be you. I can't know what it's like to live out the joy or the pains that you have. 1 Corinthians 2, 11 says, For what man knoweth the things of a man, save the spirit of man which is in him, even so the things of God knoweth no man but the spirit of God.

What person can know what side of a man except for that man? There's a part of us that we can't put on display for other people that is inside of us.

[ 5 : 27 ] And many times we're misunderstood. Remember Hannah, her soul was bitter and she cried and they thought that she was drunken and crazy. She was misunderstood. Job's three friends, the best thing they said was nothing, and then they began speaking right.

They misunderstood Job. The Lord's three chosen disciples, when Jesus is in anguish, he's praying and they fall asleep because they don't know what's going on in the heart of our Savior. Paul is asked to defend himself in 2 Corinthians 12 about being an apostle.

They don't know his heart or his intention, and they accused him of something that wasn't true. Michael despised David for worshiping before God. She was very happy with him being a king and a warrior, but she didn't like the way he danced, and that's something that Stephanie has in common with her, right?



She doesn't like the way that I dance. And so as David would dance before the Lord and he was questioned about it, because she didn't know what was in the heart of him, right? And I probably would have been judgmental too, maybe, upon him.

But I didn't know what was in the heart of David. And you have that too. You have something that's going on in your heart that I can't know about. That's the inner man. The way that we say Ephesians 3.16 says that he would grant you according to the riches of his glory to be strengthened with might by his spirit and the inner man.

[ 6 : 37 ] The Bible often talks about this inner man. One of the ways, if you put the chart up we haven't spoken about in some time that we talk about it here at our church, is we talk about be, do, serve, and train.

And do being the part of the life that we get to do together, where we do ministry, where we live out our Christian life as we're kind to our neighbors. And we aren't just hearers of the words, but we're doers of the word.

And then we collectively come together and we serve together inside of the church. But our priority minister is to train other people, is to make disciples. But one of the things that this chart wouldn't show is that the B level is underneath the ground.

And it's foundational. Nobody can know it. Stephanie and I have been married for 15 years, all right? And there's things that she can't know what's in my heart. When I sit up on the edge of the bed and she says, What's going on? What are you thinking about?

What I'm able to tell her is only just a small picture of what's really going on in my heart. And that's true for you as well. No matter how close a relationship you have, there's things that go on in your heart that nobody can know out.

[ 7 : 38 ] And that's where we say the Christian life would start. That's why we ought to teach on the B level. We talk about who we are in Christ. That's why we don't become Christian robots that just imitate the outward actions. But we show people why we love the Lord and how that ought to affect the way that we live.

So we speak of the inner man, David, in 1 Samuel chapter number 16, where he said, The Lord said unto Samuel, Look not on the countenance or the height of his stature, because I had refused him. For the Lord seeth not a man seeth.

For a man looketh on the outward appearance. But the Lord looketh on the heart. And the eyes of the Lord run to and fro. And what is he looking for? Not the most talented. Not the most capable.

But he's looking upon the heart of people to be completely given to him. And that's what God looks for. And that's what he can see. But there will be times that our countenance won't match how we really feel. That's Proverbs 14, 13.

Even in laughter, the heart is sorrowful. And the end of mirth is heaviness. Even in laughter, the heart can be sorrowful. That's what makes clowns so scary, right? And because they got a painted smile on their face.

[ 8 : 35 ] But are you really happy? All right? You don't know. And there's times in our lives where we may have a painted smile as well. If you'll mute me a second. And so even in laughter, the heart is sorrowful.

And so they don't always match. Our face doesn't always match what's going on in our heart. Our body doesn't always match. Our physical language doesn't always match. But sometimes we're hypocritical.

We place something that isn't there. Or there's sometimes that we need to be strong for other people. So I'm back, all right? I feel much better right now. Everything I was saying seemed really emotional because I couldn't catch my breath here.



All right. So they're certainly connected. So even though our face isn't always connected inside, your body and your spirit are always connected. The inner man affects the outer man. But a good word maketh it glad.

Happiness and depression are issues of the heart. That doesn't mean that there aren't medical issues that need to be addressed. But many, thank you so much, Chesley. The issues of the heart.

[ 9 : 37 ] A merry heart maketh a cheerful countenance. But by sorrow of the heart, the spirit is broken. Happiness, depression are issues of the heart. That's why we always focus on these matters of the heart.

Not only are our words, but even our smile. Proverbs 15, 30. The light of the eyes rejoices in the heart. And a good report maketh the bones fat. You know that person that smiles when we had everybody was wearing masks and you couldn't tell if they were smiling or not?

But some people, you could see it in their eyes and you could tell they were smiling. I really hated it because I looked. When I had a mask on, you couldn't tell I was smiling. I just looked like a mean bearded old man, you know? And I couldn't.

You'd open a door for somebody and you didn't know if they were happy about doing it or if they felt they were bothered. Because you couldn't smile. There's so much communication that takes place through our face. And so that we act and that way that your face looks when you smile, it can help somebody.

That a good report that you can give can bring health to them. Our emotional health or our condition of our heart, it affects us physically. Proverbs 17, 22. A merry heart doeth good like a medicine, but a broken spirit drieth the bones.

[ 10 : 41 ] You want to help somebody, we give them good medicine. We give them a good word. We give them the words of God. That you're ministering to somebody on a complete level.

You're helping me physically when you help my heart be glad. You're helping me physically when you help my heart be glad. It doesn't mean that it will solve all my problems. But it means that when I'm focusing on these things, that the Bible talks about depression and anxiety.

It wears away at us. It changes us. You've seen it before. You've seen the face of a person who faces now as a rock because they carried bitterness for so long. The inside of us affects us.

In relief, his inner strength is gone, but medicine cannot sustain. Proverbs 18, 14. The spirit of a man will sustain his infirmity, but a wounded spirit, who can bear it? The spirit of a man will sustain his infirmities, but if a person's wounded on the inside, there's not enough medicine that is going to be able to heal them.

It has to be from the inside out. I heard a very sad conversation this week. Greg was on the phone with the sister living home where the teenagers used to get to go and teach and pray with the older people. And Greg said, we would like to come back when it's safe and you would allow us back in.

[ 11 : 50 ] And they said, most of those people that came to hear those young people teach are no longer with us. And they said it wasn't COVID. It was just the fact they were alone and lonely and they gave up and many of them passed away.

It really changed my understanding of what our young people are doing when they go there and they teach the Bible. A good word brings gladness to the heart. A good word sustains people. Those people in Alpharetum had the best care possible that they could have, but they didn't have people that could minister to them for the ministry of the word and their heart.



And you better believe when that opens back up, we will be there faithfully doing what God's called us to do. Our words can really be used to minister to an entire person. And what a great privilege.

Another truth that we have about the heart is our words affect people's heart, but a good word maketh it glad. Our words, people's hearts, want a responsibility. Incredible.

I told you as I was a kid before when I had a bully, right, that my mom would say sticks and stones may break your bones. But my dad taught me sticks and stones may break your bones, but they'll also break theirs.

[ 12 : 56 ] All right? Or as I taught my kids this week, I cut a person off in traffic and the guy threw his cup, McDonald's cup at me and yelled some profanities. And I thought sticks and stones may break my bones, but the website I built today will shut down your business, buddy.

All right? We live in a time, you don't want to pick on a kid as small as me anymore, right? The internet has been the great equalizer. All right? And so I did not retaliate to that man.

But sticks and stones will break your bones, but words will never hurt me. And when your parents taught you that, you say, what do you know about life? Words most certainly hurt. Most painful things in the world are words. I'd much rather you punch me in the nose than to say something mean.

Well, it depends on the person. All right? It would depend how witty you are and how strong you are. But I probably would prefer the punch as the words. Sometimes our words hurt the hurting. In Proverbs 25, 20, as he that taketh away a garment in cold weather, as vinegar upon niter, so is he that sangeth songs to a heavy heart.

Singing songs always seems to be good. Not if it isn't appropriate. Not if it isn't the right time. Not if you're not having discernment. That your words could be like going to somebody that's cold and taking their coat away from them.

[ 14 : 05 ] That's a horrible picture, isn't it? That you could do that. That somebody could be in a miserable position and that you could go to them and you could leave them more miserable than when they were at. I know you've been there before.

I know you've experienced this. Our words can bring life to people, though. Proverbs 15, 4. A wholesome tongue is a tree of life. But perverseness therein is a breach in the spirit.

A wholesome tongue is a tree of life. What a picture that is given. The tree of life all the way in Genesis. Genesis, Proverbs, and Revelation speak about a tree of life.

This picture of God sustaining and giving and all the things that the tree of life would have represented in the garden. And all the things that it represents for all eternity. That our tongue could be that.

It could be this remembrance for people. I read this quote and I wrote it down this week. It said, or last week, The highest form of currency for most people in my life is encouragement. I resolved to become the most affluent, extravagant philanthropist in this currency.

[ 15 : 06 ] People can give and they should. But every one of you can be generous in the way that you speak to other people. You can be generous in the way that you use your words to encourage people. To help them that have their heart that's heavy.

A heart that stoops. That God use you to make a difference. And that's incredible, isn't it? That God would use you. That he would use you to minister. That when it said that the Lord will make me glad is the song that was just sung.

What is his plan to do that? His plan is always to use that. When we say that God, we want him to take the gospel around the world. How is he going to do that? Through people. How is God going to make us glad? He's going to use us to be involved in that.



And that's absolutely incredible. That you could talk to somebody. And you would know that God was reaching down to speak to you in that time. And there's nothing like it. It's so wonderful.

And I am so ashamed at times that I have used my ability to communicate. To tear down what God has given me to build up. But with everything in me, I want my heart and my life to be used to minister to other people.

[16:10] Our hearts can be more than a response to people's words and circumstances. So your heart has, it needs to be guided. We don't follow our hearts. We guide our hearts. Proverbs 23, 19.

Hear thou my son and be wise. Guide thine heart in thy way. Guide thine heart in the way. Our hearts can be guided regardless of circumstances.

During economic times that are bad. Habakkuk 3, 17. Although the fig tree shall not blossom, neither shall fruit be in the vines. The labor of the olive shall fail and the field shall yield no meat. The flock shall be cut off from the fold.

And there shall be no herd in the stalls. Yet I will rejoice in the Lord. I will joy in the God of my salvation. Regardless of how bad things are economically, I can guide my heart to rejoice in the Lord.

That we can sing in our inner person, even though we've been stripped and we've been beaten. Acts 16, 23. And when they had laid many stripes upon them, they cast them into prison, charging the jailer to keep them safely.

[17:13] Who, having received such a charge, thrust them in an inner prison and made their feet fast in the stocks. And at midnight, Paul and Silas prayed and sang praises unto God.

And the prisoners heard them. That's what you do. You guide your heart. If you follow your heart, you follow it through the circumstances. If you follow your heart, you don't sing in jail. If you follow your heart when things are economically bad, your heart can't be glad.

But you have an opportunity by God's word to guide it. Opportunity to get back in the jail soon, as Brother Chris talked about in our teachers and workers meeting. We can go in there and we can tell these men, regardless of circumstances, you have a choice right now to rejoice in the Lord.

And God could use us to help guide their hearts. Not only that, internal encouragement, even when our friends want to kill you. 1 Samuel 30, verse 6. And David was greatly distressed for the people spake of stoning him.

These weren't just outsiders. These were people that had been following him because the soul of all the people were grieved. Every man for his sons and his daughters. But David encouraged himself in the Lord his God.

[18:19] David guided his heart. And during a very difficult time, he made a decision that he was going to strengthen himself. And it becomes a discipline. One that you can work at.

One that you can do. Greg's in children's church. I can say whatever I want about him. So, Lamar, you know, Greg wants to put on some weight, right? And Greg's metabolism is so high that they told him he needs to eat 5,500 calories a day so that he can gain some weight.

And that's difficult even for old Greg who eats a lot of food. But there is a whole plan for a person to gain outer strength, right? It doesn't happen by accident.

You don't look like me and Lamar just by waking up, you know, every day and going about your thing. These are both very intentional decisions that we have made, all right? And how many times do you ask Lamar to carry something heavy?



All the time. Nobody asks anything of me, all right? Very intentional in my decision-making process there. But you've got to be intentional about it. And so we can see on the outside that some of us are good at that.

[ 19 : 19 ] But, you know, some of you in here are very good at strengthening the inner man. You know what it's like that despite the circumstances, you can say, I'm going to rejoice in the Lord. And, you know, that's something that you can disciple and teach somebody else how to do.

That you can find them and say, I can't change your circumstances. I may never change your circumstances, but I can help you strengthen yourself in the Lord. So we would guide our heart in this.

And that God's presence can overcome any problem in the heart. Psalms 34, 18. The Lord is nigh unto them that is a broken heart, and save us such as be of a contrite spirit. And that brokenness, you're not farther away from being strengthened, but you're closer than ever when you look to Him.

And so there's other times we should, the Bible tells us that we should guide our hearts in making decisions about friends. Proverbs 23, 6 and 7 says, That our heart can guide us in the decision making about making the right type of friends.

That there's people out there that are insincere. There's people that God can give us wisdom and guide us away from. Our hearts can be guided away from the appeal of this world.

[ 20 : 34 ] When thou sittest to eat with the ruler, Proverbs 23, 1 and 3, Consider diligently what is before thee, and put a knife to my throat. If thou man given appetite, be not desirous of his dainties, for they are deceitful.

Meat. I just read that to you twice, didn't I, here? All right. So not only is the circumstance of the friendship that can be decided by the circumstances, but you can have wisdom and you can guide your heart in the right direction.

Also, we can guide our hearts towards wisdom. Proverbs 23, 22. Wish every teenager would listen to this one. Harken unto thy father that begat thee, and despise not the mother when she is old.

You need to tell your heart, I'm not following you, but I want to guide you. I want you to listen to the wisdom that comes from my mom and from my dad.

Proverbs 23, 1. The fear of the Lord is the beginning of knowledge, but fools despise wisdom and instruction. Why is atheism a matter of the heart? Why is wisdom a matter of the heart? Because you can guide your heart to both of those things.

[ 21 : 33 ] Guide your heart towards God and desires will change. Psalm 37, 4. Delight thyself also in the Lord, and he shall give thee the desire of thine heart. As you would guide your heart towards the right things, then you will have more opportunity.

Your heart will begin to desire the right things. You'll have the appetite for the right things. And so these are decisions that you make that are greater than the circumstances. And the closer we draw to God, the more our hearts desire what is best and best serve our purpose in this world, which is to worship God.

And then lastly, I just want to remind you that only God can mend our broken hearts. There's times that we will feel all alone. Psalm 142, 3 and 4. On the right side is where the protector.

Right there is where the guard would be, the armor bearer, the person in your life. And it said, I was going to a place, and I looked to my right, and there was no protection. There was nobody that could help me.



There was no human in this world that was able to do anything for me. But our God can be there. Unlike any other friend, there's a man that hath a friend must show himself friendly. But there's a friend that sticketh closer than a brother.

[ 22 : 50 ] You know, many times that proverb is misunderstood. A man that has friends has to show himself friendly. You know, many times we have many companions in life. And you have many companions in your life.

It takes a lot of work to maintain all those friendships that you have. But there is a friend in life that sticks closer than a brother. And we find that in our Lord Jesus. 1 Peter 5, 7 tells us we can cast all of our cares upon us.

And why can we do it? Because he cares for us. Matthew 11 tells us that he came to give us rest. Psalm 62, 8, trust in him at all times. You people, pour out your heart before him.

God is a refuge for us. He is available and he will listen at all times. And he is available to us. When we were born, we were all born with a very serious heart condition and issue.

Proverbs 11, 20 said, Our froward or rebellious or our contrary hearts were abomination. They were hated by the Lord. Proverbs 16, 2 says that our ways seem right in our own eyes.

[ 23 : 49 ] Proverbs 20, verse 9 says, Who can say I've made my heart clean? I am pure from my sin. None of us have the ability to cleanse our own heart.

The heart becomes sick when it looks to the future that doesn't have hope. This is where when the ministry of the word can happen. It says in Proverbs chapter 13, verse 12, Hope deferred maketh the heart sick, but when desire cometh, it is a tree of life.

It says that a person who looks down into their future for hope and they can't find any, it makes the condition of their heart sick. But the Bible says that we can minister to them and it will be as a tree of life, but when the desire cometh.

You know, there's many people and they look down their future, they look into their eternity, and they have no hope. Hope is not coming for them. And so what does that do to a person? It makes their heart sick.

And they have no ability to cleanse their heart. They have no ability to fix that. There's many people looking down the road and they have no hope. But we can be people that can give them a word that will take their stooped heart and that will make it glad.

[ 24 : 54 ] Heaviness is the heart and the heart of a man maketh it stooped, but a word maketh it glad. And we have been given a good word. Only God can mend broken hearts, but he allows our word to be part of that healing.

Our missionaries go to countries and they go to places and they have people that are on sidewalks that are looking into a Christless eternity that are absolutely without hope. And the Bible says that their heart is sick.

They have no condition in which to change it. And God will use your words to bring gladness to their hearts. He will use your mouth to share the gospel. We have an incredible opportunity.

Heaviness in the heart of man maketh it stoop, but a good word maketh it glad. Would you read with me Proverbs 12, 25 one last time? Then I'll ask you two questions and we'll pray. And I'll ask that you would respond to the Lord.

Proverbs 12, 25. Heaviness in the heart of man maketh it stoop, but a good word maketh it glad. So I ask you tonight, what is the condition of your heart? Is your heart stooped?

[ 25 : 52 ] Is it down? Could I encourage you tonight, the fact that there is hope. There is a friend that loves you. That Jesus Christ died for you. That no matter what you're going through in life, life is only a vapor.



And in a moment we will spend all eternity with our Lord and Savior who died for us. Can I give you something to set your distance on? Because if you'll look down the road and you'll set your eyes upon Jesus, your sick heart can bring healing to it.

So I want to ask you in here, if you're hurting tonight, I have a good word for you. I have a great word for you. I have good news for you that you can set your mind and heart on. Another question I would ask in here is would you do an inventory on your words?

Are they being used to help those with a heavy heart? Or are they being used to add a burden upon people that already carry a burden? Are you being the type of person that goes to somebody in the cold and takes a cold away from them as of being opposed to a person that would bring that person another coat and comfort them?

Great responsibility. So I want you to make a decision tonight before God concerning the ministry that you have of your words. I want you to answer that tonight. Are you down tonight? Let us encourage you.

[ 26 : 58 ] Maybe you've never put your faith and trust in Jesus and you can't look into eternity and find anything of value. There's no hope for you. We have hope for you. Jesus Christ died for every man, woman, and child in this world and we'd love to tell you about him.

But maybe you've just been blinded by the circumstances. You're in the jail cell but you're not ready to sing because you haven't strengthened the inner man. But God's word will do that and God's word from your friend will do that.

And you need to put yourself around God's people speaking God's word so that your heart can be made glad. And would you make a decision right now, no matter what I'm doing, no matter what your business card says, Chesley, water bringer to Trent Cornwell, all right, or no matter what it is in life, that you have a ministry of encouragement to those that are around you and you'll make a difference.

You'll make a huge... In this church here, if you make a decision tonight that I'm going to take on the ministry of encouragement, you may never get recognized. Your name never may be in a bulletin. We may never call you a ministry leader.

But there'll be nobody that will make a more significant difference around here. If you say that I'm going to use my words and encourage those that God has placed in my life. Let's take a moment. Let's pray together.

[ 28 : 02 ] Let's pray together. Let's pray together. Let's pray together. Let's pray together. Let's pray together.