



## Need A Cheerful Compassionate Heart?

***"A cheerful heart is good medicine..."*** —Proverbs 17:22

Did you know that a cheerful heart will be good for you? Yes, it will indeed! Showing love to others instead of indifference or hate, won't be bad for you or the world either.

How is your heart? Is it hard, soft, pliable, down, broken, crushed, or upbeat and grateful?

A group of behavioral scientists once revealed the results of an experiment they conducted after World War II. They said that many orphans were roaming around family-less in Germany at that time and they decided to do a study with two groups of these neglected little children. They found 100 children and put half of them in one group, and the other half in another test group. And then they really got started with it.

One of the groups of kids were given everything that they physically needed. You know, they were given healthy food, clothing, shelter, a warm place to sleep ..as well as giving them lots of warm loving attention and gentle affection. The other 50 children had their physical needs met except they received no loving attention or affection.

Very sad huh! Man, I don't know how these guys could even do this.

Now after 365 days had passed, both groups of children were then tested a bit. Those children who received the loving affection and tender human care were literally an average of two inches taller and several pounds heavier. They were well-adjusted and merry of heart.

The other group of kids simply experienced more diseases and sickness physically, let alone the emotional challenges.

My old California pastor, Chuck Smith, when he has sent groups of short-term missionaries over seas into Romania (and he has done this several times..), he has made it one of their main priorities on such trips to hold and give tender affection to the orphan children there ...as well as to accurately share the Gospel with the people. Man, it's because he knows that the children need this type of caring attention so desperately. It just makes them laugh more and grow up better! They are more cheerful of heart. Who doesn't need the the Love of God and to pass it on to others?

Need a holy, genuinely caring touch yourself? God can touch you, heal you and meet all your needs! Did you know that joyous laughter is like healing medicine for people? Proverbs 17:22 says, ***"A cheerful heart is good medicine, but a broken spirit saps a person's strength"*** (nlt). People are uniquely made by God in such a way that they are the ones who can weep, blush, and chuckle. What animal can do those three things? We are so blessed to be able to do these three things. God ordained it to be like that, because ***"A merry heart doeth good..."***

**What about you? Perhaps you have a puffed-up wayward heart.**

Do you need some contrite brokenness about you? You can choose to turn and be humble. When was the last time that you read Daniel 5? There we see a different kind of heart problem—one that is too often seen in our day. This chapter reminds us that pride is a selfish spiritual condition in which the heart is in the wrong place. Oh yes.

Is it an affectionate heart? No! A healthy heart? Not at all! A merry heart that is submitted to the Lord? Far from it!

Mister Nebuchadnezzar and Mister Belshazzar were two lame kings in Babylon. Do you remember them? They were told that they had misplaced their own hearts in arrogance and in pride (vv.20, 22).

As a result, The Lord judged both ruling dudes just to teach them and help them. Nebuchadnezzar was put very low until he recognized that the Most High God was the One who ruled over all others (v.21), and Belshazzar was slain cold as a doornail and man, that's pretty dead (v.30).

The Bible says of Nebuchadnezzar, "When his heart was lifted up, and his spirit was hardened in pride, he was deposed from his kingly throne." ~Daniel 5:20

Have you ever been put low, or exalted by the Lord?

With all due respect, lost sinner; you who illegitimately think that you are saved.. please check yourself to see if you are really in the faith (and then confess your sins, forsake all the junk and receive forgiveness from Jesus).

Saved sinner, you and I need to examine ourselves regularly to see if our own hearts are in the right place with Jesus. Are you or someone else ruling your life ..or is Jesus Christ on the throne? Do you love to pray and fully depend on Christ every day, or do you lean on the arm of the flesh?

Lord, uncaring pride and hardness of heart.. I don't need those enemies! I stare, but I don't share or love. My flesh gets in my way! These things so quickly take control of me when I let them, but I plead for Your Dove, Your Love.. for Your grace to help me keep pace.. yup, anointing from above so I can turn by prayer fully to You. Cleanse my wayward heart and make me dare to care, not just act like a dumb bear!

Hey gang, this is simple to apply if you are in God's Kingdom. The Lord can help you! Chose to reject all negative complaining, hubris, cold-heartedness, murmuring and instead decide to love people and have a cheerful heart [in Jesus Christ!](#)

**At [fish4souls.org](http://fish4souls.org) we are concerned about your heart condition (..not just about your physical heart). Tell us what is on your heart if you want. Just click "[Contact](#)" and tell us about it! Perhaps we can help.**

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