



Scriptures for Life

A Crushed Spirit - Proverbs 17:22

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Prov. 17:22 A cheerful heart is good medicine, but a crushed spirit dries up the bones.

Ever gone through a hard time? Of course you have. We all have. You may even be going through one right now. When you're in those times, let's face it, it's hard to have a cheerful heart. Then, when you try to be happy, you almost feel as if your being fake because you know what's really on your mind.

So how do we have a cheerful heart and be real? Well, it really boils down to trust. I'm reminded of what Paul said to the Romans.

Rom. 8:28 And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

He works all things for the good. It doesn't say that all things will be good. Rather, He works all things for the good. It is in this that we can let our joy and cheerful heart be founded, knowing that YHWH truly is in control and that He is working things out for your good.

So while your circumstances may not be the best situation that you want to be in, YHWH is working everything for your future.

Let this be a focus in your time of meditation throughout today. Until tomorrow. Shalom