

GET WISDOM! Lesson 15:

BE WISE! LET JOY FILL YOUR HEART... DON'T LET IT DEPART!

(Proverbs 17:22; 14:30, 28:14)

<https://youtu.be/OPDMCVGCOqc>
 GOOD MEDICINE Oct 29, 2020
 (Proverbs 17:22)
 posted by Family Moments

**“A joyful heart is good medicine,
 But a broken spirit dries up the bones.”
 (Proverbs 17:22)**

Medicine is used to make people feel better. But Proverbs says that the best medicine is a joyful heart. We all need medicine sometimes, but a cheerful heart can help us feel better.



Some people are negative all the time, others look at bright side of life. God wants us to joyful, not negative.

What is “JOY?” Is it always feeling “HAPPY?”

HAPPY is the feeling you get when ... you have fun with a friend, your team wins, you get a gift, or you get to go someplace special. But JOY is a little different. JOY is a good feeling that comes from knowing that God loves you and He has a plan for you. You can feel joy even when tough things happen.

What can take away our JOY?

(1) ENVY, JEALOUSY, GREED CAN CAUSE OUR JOY TO ROT AWAY.

“A heart at peace gives life to the body, but envy rots the bones.”
 (Proverbs 14:30)

"Greed has two daughters named 'Give' and 'Give."
 (Proverbs 30:15)

Sometimes we want what someone else has – maybe a better bike, or cooler toys. But we can't hold on to those feelings or they will eat away our joy. We can't keep saying “More, more, more!”

It's important for us to know that we do have a lot – most of us have everything we need. We should feel blessed. Do you know that:

- 1 in 9 people in the world don't have enough food to eat.
- 1 in 12 of kids your age don't get to go to school.
- 1 in 9 don't have safe water.
- 1 in 10 have never used a smart phone, computer or any kind of device.

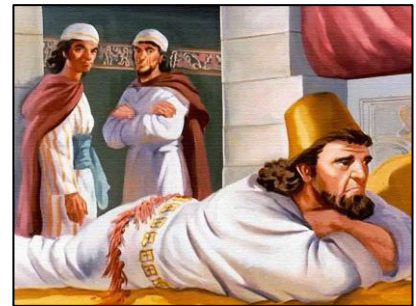
KING AHAB – THE POUTING KING LET ENVY TAKE AWAY HIS JOY (1 Kings 21:1-21)

Ahab was king of Israel. As he looked out at his garden, he admired all the beautiful things he had. Where in the world was a garden as lovely as this?



But right next to his garden he saw a fine vineyard that belonged to Naboth. The vines were heavy with fruit. The king could see that the land was good. But Naboth wouldn't sell the land to Ahab.

Ahab was angry and disappointed. The more he thought about it, the more miserable he felt. He became so unhappy that he went to bed and pouted. He wouldn't talk to anyone. Finally, King Ahab had Naboth killed ... just so Ahab could get what he wanted.



Of course, we would *never* do what Ahab did. But his story shows us what envy can do. It eats away at our joy. It makes us feel like we never have enough. So, instead of saying, "More, more, more!" we should say, "Thanks, thanks, thanks to God!" If we concentrate on being grateful for what we have, we won't let envy eat away at our joy and peace. God wants to bless you! Tell God, "Thank you" and you'll find joy.

(2) BEING STUBBORN TAKES AWAY OUR JOY.

"Those who always respect the Lord will be happy. But those who are stubborn will get into trouble."
(Proverbs 28:14)

"Whoever loves discipline loves knowledge, but whoever hates correction is stupid. Good people obtain favor from the Lord..."
(Proverbs 12:1-2a)

Wow! Did you know the word "stupid" is in the Bible?! Solomon tells us that **respecting and honoring God will bring us joy**. But if we are stubborn and refuse to change ... well, that's just stupid. **LET'S CHOOSE JOY!**

PRIMARY GRADES ACTIVITY

Draw pictures in the boxes below to complete the verse:



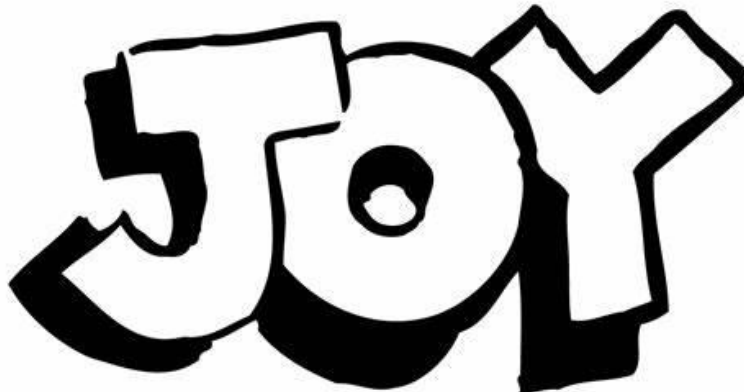
A joy  good medicine,

But a broken spirit dries up the...




(Proverbs ___ : ___)

Color
the key
word:

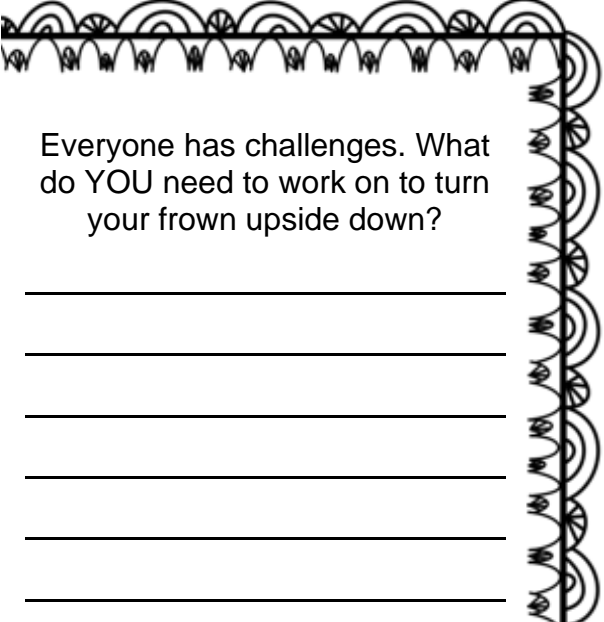


UPPER GRADES ACTIVITY

Copy Proverbs 17:22 from your Bible:



How is "joy" different from "happiness?"



Everyone has challenges. What do YOU need to work on to turn your frown upside down?



