

A MERRY HEART DOES GOOD!

The "Heart" Series

Pastor Fritz Stranz

May 10th, 2026

Proverbs 4:23 "Guard your heart above all else, for it determines the course of your life."

BENEFITS OF A GLAD HEART

Proverbs 15:13

A merry heart makes a cheerful countenance, But by sorrow of the heart the spirit is broken.

Proverbs 15:15

All the days of the afflicted *are* evil, But he who is of a merry heart *has* a continual feast.

Proverbs 17:22

A merry heart does good, *like* medicine, But a broken spirit dries the bones.

A MERRY HEART...IS A MATTER OF CHOICE!!!

- Paul and Silas
- David

Psalm 9:1,2 **I will praise You**, O Lord, with my whole heart;
I will tell of all Your marvelous works.
I will be glad and rejoice in You;
I will sing praise to Your name, O Most High.

- Habakkuk
- Jesus
- *WE have a CHOICE!*

A GLAD HEART DOES NOT DEPEND ON CIRCUMSTANCES!!!

"I encourage you to be a thankful, positive person. If you aren't it's just a matter of forming a new habit. I was so negative at one time in my life that if I even tried to think two positive thoughts in succession my brain seemed to stop functioning. But now I am very positive and actually don't enjoy being with people who are negative." - Joyce Meyer

HEALING COMES THROUGH A GLAD HEART

Norman Cousins

Mack Dryden
Patch Adams:
Mike Cotayo

CONCLUSIVE SCIENTIFIC EVIDENCE

- Relieves Pain
- Boost Immune System
- Reduces Inflammation
- Benefits Mental Health:

IS MEASURED BY WHAT YOU MAGNIFY

Job 36:24

“Remember to magnify His work, Of which men have sung.”

Psalm 34:3

“Oh, magnify the Lord with me, And let us exalt His name *together*.”

Psalm 69:30

“I will praise the name of God with a song, And will magnify Him with thanksgiving.”

A GLAD HEART IS A WEAPON AND A DETERRENT TO THE ENEMY

1 John 5:4

“For whatever is born of God overcomes the world. And this is the victory that has overcome the world—our faith.”

2 Chronicles 20:21

“Praise the Lord, For His mercy *endures* forever.”

Ephesians 5:17-20

Therefore do not be unwise, but understand what the will of the Lord *is*.¹⁸ And do not be drunk with wine, in which is dissipation; but be filled with the Spirit,¹⁹ speaking to one another in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord,²⁰ giving thanks always for all things to God the Father in the name of our Lord Jesus Christ