

(Psalms 31:24 NIV) Be strong and take heart, all you who hope in the Lord.

(2 Corinthians 4:1) Therefore, since we have this ministry, as we received mercy, we do not lose heart, but we have renounced the things hidden because of shame, not walking in trickery nor distorting the word of God, but by the open proclamation of the truth commending ourselves to every person's conscience in the sight of God.

(Proverbs 11:25 NLT) The generous will prosper; those who refresh others will themselves be refreshed.

(Psalm 139:23-24 NKJV) Search me, O God, and know my heart; Try me, and know my anxieties; And see if there is any wicked way in me, And lead me in the way everlasting.

--- Pitfalls to a healthy heart ---

1. _____

(Proverbs 11:3) The integrity of the upright will guide them,
But the perversity of the treacherous will destroy them.

✓ **Let God's _____ guide you.**

(Psalm 33:4-5) For the word of the Lord is right, And all His work is done in faithfulness. He loves righteousness and justice; The earth is full of the goodness of the Lord.

2. _____

(Proverbs 11:12) One who despises his neighbor lacks sense,
But a person of understanding keeps silent.

(Proverbs 11:12 NLT) It is foolish to belittle one's neighbor; a sensible person keeps quiet.

✓ **Let God's _____ remind you.**

(Romans 12:1) Therefore I urge you, brothers and sisters, by the mercies of God, to present your bodies as a living and holy sacrifice, acceptable to God, which is your spiritual service of worship.

(Proverbs 11:17) A merciful person does himself good, But the cruel person does himself harm.

3. _____

(Proverbs 11:19-21 NLT) Godly people find life; evil people find death. The Lord detests people with crooked hearts, but he delights in those with integrity. Evil people will surely be punished, but the children of the godly will go free.

✓ **Let God's _____ change you.**

(Romans 8:32) Since he did not spare even his own Son but gave him up for us all, won't he also give us everything else?

"Lord, as an upright person before You and others, help me to live and give from the right heart, with the right words."

(Psalm 19:14) May the words of my mouth and the meditation of my heart be acceptable in Your sight, Lord, my rock and my Redeemer.

1. **Holy Spirit, help me to speak**

the right words toward _____.

(Psalm 13:5-6) But I have trusted in Your faithfulness; My heart shall rejoice in Your salvation. I will sing to the Lord, Because He has looked after me.

(Philippians 3:7-9) But whatever things were gain to me, these things I have counted as loss because of Christ. More than that, I count all things to be loss in view of the surpassing value of knowing Christ Jesus my Lord, for whom I have suffered the loss of all things, and count them mere rubbish, so that I may gain Christ, and may be found in Him,

2. **Holy Spirit, help me to speak**

the right words toward _____.

(Ephesians 4:29) Let no unwholesome word come out of your mouth, but if there is any good word for edification according to the need of the moment, say that, so that it will give grace to those who hear.

3. **Holy Spirit, help me to speak**

the right words toward _____.

(1 Thessalonians 5:16) Rejoice always, pray without ceasing, in everything give thanks; for this is the will of God for you in Christ Jesus.