

Healing the Wounded Spirit  
Proverbs 18:14  
Proverbs: God's Wisdom Handbook, part 17  
July 24, 2022

Prov.18:14; The spirit of a man will sustain his infirmity; but a wounded spirit who can bear?

Prov.15:13; A merry heart maketh a cheerful countenance; but by sorrow of the heart the spirit is broken.

Prov.17:22; A merry heart doeth good *like* a medicine: but a broken spirit drieth the bones.

Proverbs 12:25; Heaviness in the heart of man maketh it stoop: but a good word maketh it glad.

Prov.13:12; Hope deferred maketh the heart sick; but when the desire cometh it is a tree of life

Prov. 15:4; A wholesome tongue is a tree of life; but perverseness therein is a breach in the spirit.

Prov.15:15; All the days of the afflicted *are* evil: but he that is of a merry heart *hath* a continual feast.

- We are living through an epidemic of wounded spirits and broken hearts!

- It is vitally important to heal a wounded spirit, because this becomes a **crushing weight** to any man.

Proverbs 18:14; The spirit of a man will sustain his infirmity; but a wounded spirit who can bear?

- A wounded spirit is **smashed to pieces, weighed down in fear, crippled with disappointment, and destroyed like an earthquake in the soul** (Prov. 15:13,12:25, 13:12, 15:4)

- Because God says we can have a “merry heart,” here are five ways He heals the Wounded Spirit

- Prov.15:15; He that is of a merry heart hath a continual feast.

1. **Reject** “when and then” thinking: believe you can rejoice in Christ now!

2. **Desire** First who can never be lost: God Himself!

Prov.13:12; Hope deferred maketh the heart sick; but when the desire cometh it is a tree of life. (See Isaiah 26:8-9)

### 3. **Fill** \_\_\_\_\_

Proverbs 12:25; Heaviness in the heart of man maketh it stoop: but a good word maketh it glad.  
(See Jeremiah 17: 7, 8)

### 4. **Speak** \_\_\_\_\_

Prov. 15:4; A wholesome (healthy) tongue is a tree of life; but perverseness therein is a breach in the spirit.

Prov.18:21; Death and life are in the power of the tongue: and they that love it shall eat the fruit thereof.

Prov.12:18; There is that speaketh like the piercings of a sword: but the tongue of the wise is health.

Prov.16:24; Pleasant words *are as* an honeycomb, sweet to the soul, and health to the bones.

### 5. **Rest** \_\_\_\_\_

Prov.18:14; The spirit of a man will sustain his infirmity; but a wounded spirit who can bear?

- Not you, me, or anyone. Only Jesus can bear a wounded spirit! Isaiah 53:5

