

BE A BRINGER


“40 One of the two who heard John speak, and followed Him, was Andrew, Simon Peter’s brother. 41 He first found his own brother Simon, and said to him, “We have found the Messiah” (which is translated, the Christ). 42 And he brought him to Jesus....” John 1:40-42a

A bringer makes one touch each week by investing and inviting someone to Christ and church.


Name three people you will pray for their salvation this week:

PRAYER REQUESTS FOR THE WEEK

“Moreover, as for me, far be it from me that I should sin against the LORD in ceasing to pray for you;....” I Samuel 12:23a



MISSIONARY OF THE WEEK
Sergio & Andrea Duarte | Uruguay



PRAISE
- Patricia started her second year of teaching in Eurasia. Thank you for praying for her.

PRAY
- Pray for wisdom for Andrea as she ministers to ladies through Bible study and discipleship.

- The youth group continues to be a blessing. Remember them in prayer as many of them study in very secular schools and universities.

- Pray for Sergio as he teaches pastoral theology classes FEBU (college ministry).

- Pray for Melanie as she finishes high school and seeks guidance and timing for her future studies. She is planning on coming to the States.

The NEW YOU



Handout: 01/14/24

Study Date: 01/21/24

The New You Emotionally

Family life and interpersonal relations are the focus of Proverbs 17—19. According to Proverbs 17:22, a joyful, positive mindset is key to experiencing healthy relationships and a fulfilling life: “A merry heart does good, like medicine, But a broken spirit dries the bones” (NKJV).

In the original Hebrew, the word for “merry” means “joyful, happy, full of cheer.” The “heart” is a person’s inner self, thoughts, emotions, and will. “A joyful heart is good medicine,” says Proverbs 17:22 in the English Standard Version. “Medicine” is something that treats or alleviates the symptoms of disease. One commentary suggests, “A cheerful heart causes good healing” as an appropriate literal translation. The NET Bible reads, “A cheerful heart brings good healing.” The Revised English Bible says, “A glad heart makes for good health.”

Scripture repeatedly testifies to the potent effects of the mind on the body: “A peaceful heart leads to a healthy body; jealousy is like cancer in the bones,” states Proverbs 14:30 (NLT). “A glad heart makes a happy face; a broken heart crushes the spirit,” declares Proverbs 15:13 (NLT).

“A merry heart does good” because it generates health and healing within one’s inner being. By contrast, “a broken spirit saps a person’s strength” (Proverbs 17:22, NLT). Proverbs 12:25 explains that “anxiety in the heart of man causes depression” (NKJV). These wisdom sayings agree with scientific studies from the American College of Cardiology, Harvard Medicine, and John Hopkins that demonstrate the mind’s powerful influence over the body. A cheerful, contented temperament not only fortifies our mental health but enables us to resist the attacks of physical disease.

Since the heart is the center of our inner life, its condition and tone reach the outermost parts of our existence, including our bodies and even our relationships with others. Jesus said, “What comes out of the mouth proceeds from the heart, and this defiles a person” (Matthew 15:18, ESV). If our hearts are elevated, our bodies will be lifted up, our words will be uplifting, and our relationships will be enriched. If our hearts are crushed and broken, the condition of our bodies will break down, and we’ll have no strength to encourage others.

So, if a good medicine is a merry heart, how can we foster and promote internal joy? Scripture says that God’s laws, precepts, and statutes refresh the soul and gladden the heart (Psalms 19:7–8; 119:111). Spending time in God’s Word, meditating on His promises, is a guaranteed way to do your heart some good. The prophet Jeremiah testified, “When your words came, I ate them; they were my joy and my heart’s delight” (Jeremiah 15:16).

Resource: Gotquestions.org

KEY VERSE

Proverbs 17: 22 (NKJV)

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

WEEKLY READINGS

Monday: Psalm 139:1; Proverbs 17:22

Recognize That God Understands Your Emotions

1. Psalm 139:1 states *“O Lord, You have searched me and know me.”*
What is YOUR testimony on how He has searched YOU and knows YOU?
2. What is YOUR interpretation of *“a broken spirit dries the bones”* in Proverbs 17:22? What is it telling us about our emotional wellness?

Tuesday: Psalm 119:25; Philippians 4:8

Saturate Your Mind With God’s Word

3. Psalm 119:25 states *“Revive me according to Your word.”* How has God’s Word revived YOU in times of struggle?
4. Philippians 4:8 instructs us to “meditate” on things that are true, noble, just, pure, etc... How do YOU practice this in your daily life?

Wednesday: Ecclesiastes 4:9-10

Build A Godly Support Group

5. What *fundamental* lesson is Ecclesiastes 4:9 teaching us?
6. What is Ecclesiastes 4:10 telling us about being “independent” and taking on life all alone?

Thursday: Hebrews 12:14-15; Colossians 3:13

Forgive People Who Offend You

7. What does Hebrews 12:14 tell us expressly to pursue, and what does Hebrews 12:15 say we will “become” by holding on to bitterness?
 8. How *well* are you following the commands in Colossians 3:13?
 9. Is there someone you need to forgive today? If so how can your group pray for you that you might “move” to forgive this individual?
- ### Friday: Philippians 4:6-7
- #### Surrender Your Entire Life To God
10. Philippians 4:6 tells us to “be anxious for nothing,” but how *exactly* are we to let our requests be known to God?
 11. In Philippians 4:6 we are given clear instruction on how to present our requests to God. What does God promise us in return in verse 4:7?
 12. Reflecting on the different “compartments” of your life, where haven’t you given yourself completely to God? What do think is in the way?