

Reflection & Discussion Questions

A Merry Heart – Proverbs 17:22

1. Write out Proverbs 17:22
2. Have you experienced the truth of this proverb? Describe what that has been like for you.
3. Proverbs 17:22, 15:13, and 18:14, uses the term *broken spirit*. How would you define a broken spirit?
4. Read Psalm 34:18, 1 Peter 2:6-7; Lamentations 3:21-24; John 16:33; Jeremiah 31:3; Hebrews 13:5; and Romans 8:28. What can you draw from these verses to help you keep the right perspective when you are going through a trial?
 - What are your favorite verses you go to when you need to gain perspective?
5. Make a list of the characteristics you know to be true of God.
6. What are some of the reasons that God allows us to go through trials in this life?

[Type here]

7. Nancy Leigh DeMoss said, *“The grateful heart that springs forth with joy is not acquired in a moment; it is the fruit of a thousand choices that lead to a grateful heart.”* What are some examples of the choices we make that lead to a grateful heart?

8. Read Matthew 5:3-9. How do these words of Jesus differ from the world’s idea of a blessed life?

9. Is it possible to experience joy and sorrow at the same time? Can you describe a time that you experienced both joy and sorrow at the same time?

10. In Ruth 1:13 Naomi said, *“the hand of the Lord has gone out against me”*. And in Ruth 1:20-21, Naomi said, *“the Almighty has dealt bitterly with me”* ... *“the Lord has brought me home again empty”* ... *“the Lord has testified against me, and the Almighty has afflicted me.”* If you could respond to Naomi, what would you tell her?

11. Contentment can be described as feeling or showing satisfaction with one’s possessions, status, or situation. What does the Bible teach us about each of these areas of our lives?

12. Meditate on the statement by Rick Warren: *“Joy is the settled assurance that God is in control of all the details of my life, the quiet confidence that ultimately everything is going to be all right and the determined choice to praise God in every situation.”*

Does this describe your life? Why or why not?