



## *Take Heart*

In **John 16:33** Jesus acknowledges that in this world we will have trouble, but He doesn't leave us there. He exhorts us with these words of encouragement  
**“...Take heart! I have overcome the world.”**

He is the mighty overcomer! We do not have to do the overcoming—we just have to believe and take heart! Set your heart in a positive direction today. Keep your eyes up, focused on your Overcomer who is King of Kings and Lord of Lords.





## *Good Medicine*

How can we take care of our hearts?  
We can cultivate cheerfulness!  
**Proverbs 17:22a** tells us “**A cheerful heart is good medicine.**” Let’s follow this wisdom from the Lord. Wake up each day and start with prayer—make it your morning dose of God’s spiritual medicine to lift your heart to cheerfulness. Start by pouring out your gratefulness and counting your blessings—that is sure to lead your heart to cheerfulness. Don’t you feel better already?



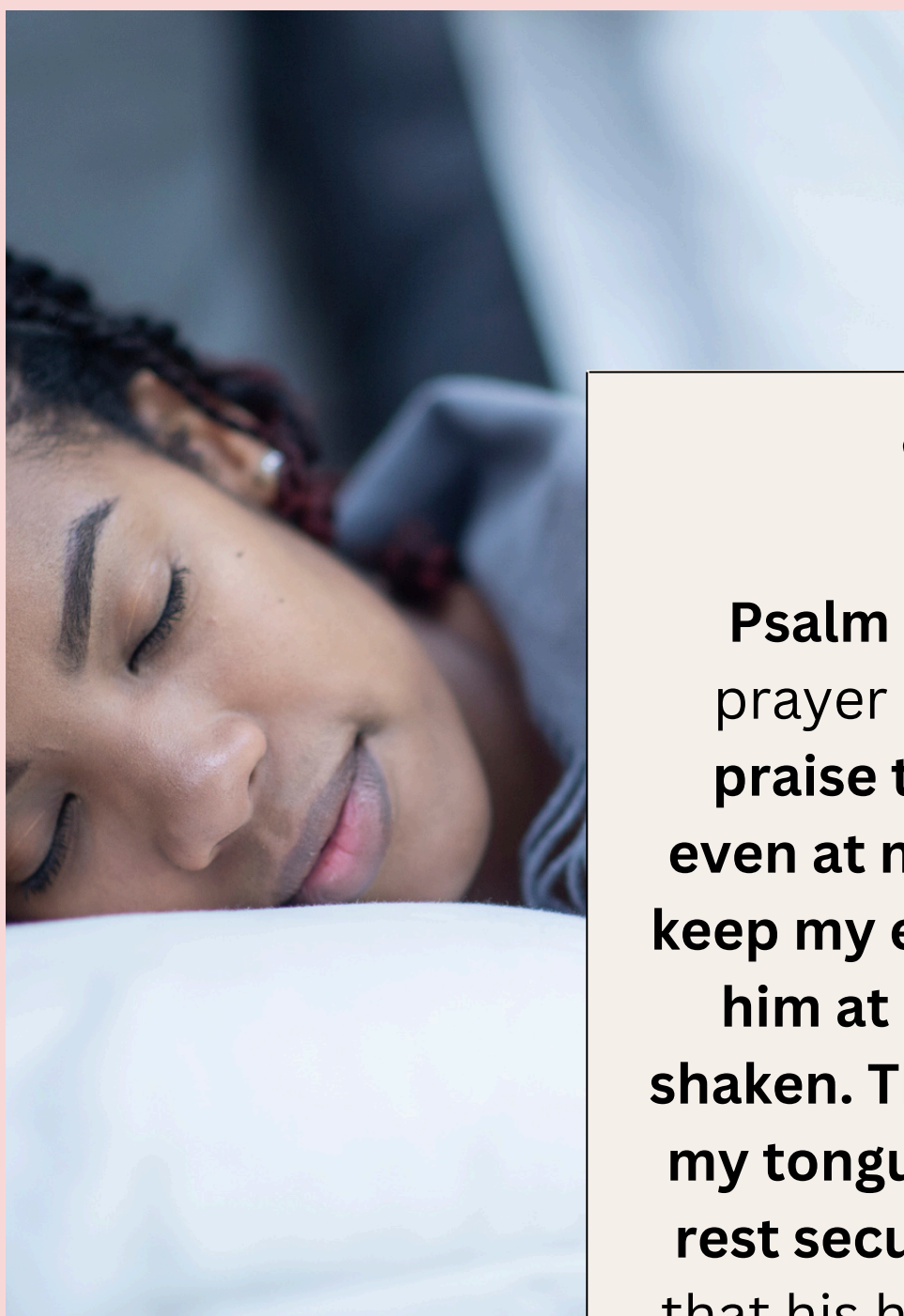




## Healer

Do you know someone who is feeling brokenhearted right now? Maybe you're even feeling that way. The challenges of this world are heavy and they weigh on our hearts and try to discourage us, but **Psalm 34:18** reminds us that **“The Lord is near to the brokenhearted and saves those who are crushed in spirit.”** He cares for us and is with us; He will heal our hearts both physically and emotionally as we trust in Him. He is the all-powerful healer of broken hearts.





## Rest Secure

**Psalm 16** is King David's heartfelt prayer of praise to the Lord: **"I will praise the Lord, who counsels me; even at night my heart instructs me. I keep my eyes always on the Lord. With him at my right hand, I will not be shaken. Therefore my heart is glad and my tongue rejoices; my body will also rest secure."** David is so close to God that his heart hears God's instructions even in the night. He is unshakable with His eyes always on the Lord and with God by his side. This closeness gives him gladness of heart and a rejoicing voice of praise. The result is that he can rest secure. Let's follow this model and stay close to God, allowing Him to instruct our hearts, hold us steady and fill us with gladness and security!

