



The May 25, 2020 edition of TruNorth Daily Devotional with Dr Jim Brown:

“Practical Wisdom from the Proverbs”

Proverbs 12:25-26 (NLT)

*“Worry weighs a person down; an encouraging word cheers a person up.
The godly give good advice to their friends; the wicked lead them astray.”*

What an unusual time to be on planet earth! With CV the major focus during the past 2-3 months, surveys show that many are worried (which is not a big surprise).

People are working from home who never did before; kids are “attending classes” online – with parent support and teaching, all of which must make for some interesting family dynamics!

Most people don’t like change and, with change... especially rapid, fear-caused change, often comes a variety of emotions. Because of the lack of normalcy, many are feeling anger, frustration, fear, doubt, and WORRY. When will this end? Will I get my job back? Will I survive physically? When can we meet for church again, or go to the beach, or walk in the park?

Solomon wrote three books in the Old Testament: Proverbs, Song of Solomon, and Ecclesiastes. Although all are helpful, I see his Proverbs to be a gold mine of practical advice that is inspired and pithy (forceful and brief).

As we spend time here in TruNorth looking at some of the individual proverbs, I'd like to encourage you, when you read or hear the Scripture – the Proverbs, to remember that this is the Lord speaking directly to YOU. Though written a LONG time ago, their practicality is suitable for all seasons, all situations and all people.

Verse 1 says: ***“Worry weighs a person down.”***

The NIV says: ***“Anxiety weighs down the heart.”***

The KJV says: ***“Heaviness in the heart of man maketh it stop.”***

The NKJV says: ***“Anxiety in the heart of man causes depression.”***

Now stop and ask yourself... are you experiencing this to some degree?

If so, REJOICE: These verses from Proverbs can help NOW.

If not, REJOICE: These verses from Proverbs can prepare you for the future and give you something to share with others who need it, NOW.

Verse 2 says: ***“The godly give good advice to their friends; the wicked lead them astray.”***

Add that to the last part of verse 1, which says: ***“But a good encouraging word makes it (his heart) glad!”***

Solomon is telling us that we need to choose our friends wisely. Ideally, we need to be around godly friends who will encourage us with their words. AND, it stands to reason that WE need to be encouraging to others around us too. I have people like that in my life, for which I am so thankful!

Who have you encouraged this past week? Is there someone to whom you said something uplifting, shared an encouraging word of Scripture, forwarded a positive devotional (hint, hint), or done something similar?

We all live better, happier lives when we're encouraged by our friends. Be that kind of friend for someone else... one who shares encouragement and uplifting words. If you do, I'm betting that that act will bring you more blessings, joy, and encouragement than you gave away.

Prayer: Lord, help me to be a giver of encouragement and uplifting talk to others around me. Help me not to fall into the trap of complaining and worrying. Help me to live the teachings of these Proverbs, which You inspired Solomon to write. Amen.