

**“Wisdom for the Heart”**  
**Proverbs 12:25; 13:12**  
**Dr. John A. Wells**

Heart attack! Heart throb! Heart ache! Heart break! Heartless! Heart of stone! I was reviewing a book the other day called “Self-Empowerment - The Heart Approach To Stress Management. The author says, *“The heart consciousness is not a mushy, wimpy, sweet and defenseless bag of emotions. Your heart uses emotions to express its inner wisdom which is translated through feelings of ‘knowing.’ Heart intelligence embraces head intelligence and is the prime, bottom-line strength of your existence.”*

I thought this week I would talk some about the heart because as we move towards Thanksgiving and the holidays, a lot of heart things come to mind like family memories, losses, giving thanks, and giving gifts that express the heart. Anyway, the heart has a mind of its own and its wisdom can bring peace out of stress, healing out hurt, and order out of confusion. When the Bible talks about the heart, it talks of it as the seat of our will, our faith, and our character.

Proverbs is God’s book of condensed wisdom. It is a combination of both head and heart knowledge that can be used to guide us through life’s jungle. I will share a few of these with you. Proverbs 12:25: **“Anxious hearts are very heavy but a word of encouragement does wonders!”** Proverbs 13:12: **Hope deferred makes the heart sick; but when dreams come true at last, there is life and joy.”** Proverbs 14:13: **“Laughter cannot mask a heavy heart. When the laughter ends, the grief remains.”** Proverbs 17:22: **“A cheerful heart does good like medicine, but a broken spirit makes one sick.”** Here is one for us all from Proverbs 17:9: **“Love forgets mistakes; nagging about them parts the best of friends.”**

The book I mentioned earlier makes the point that heart intuition is designed to put first things first. Listening to the heart’s wisdom helps us to manage the mind and carry out our real priorities. Maybe the Bible is right on when it says, *“For wisdom will come into your heart, and knowledge will be pleasant to your soul.”* God has a lot to say about the heart. We might even have fewer heart attacks and better lives if we give some attention to heart wisdom.