

*Proverbs 14:30*

A heart at peace  
gives life to the  
body, but envy  
rots the bones.

# *Proverbs 14:30 Amp*

A calm and undisturbed mind and heart are the life and health of the body, but envy, jealousy, and wrath are like rottenness of the bones.

*3 John 1:2 NKJV*

Beloved, I pray that  
you may prosper in  
all things and be in  
health, just as your  
soul prospers.

## 3 John 1:2 NIV

Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.

*Proverbs 4:23*

Keep your heart  
with all diligence,  
For out of it spring  
the issues of life.

# A Sound Heart

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*September 22, 2013 AM Service*

Proverbs 14:30, 3John 1:2, Proverbs 4:23, Ephesians 4:32,  
2 Corinthians 2:10-11, Luke 17:1, Matthew 24:10-12,  
Hebrews 12:12-15, Ruth 1:20-21 Luke 23:34, Exodus 15:23-25  
James 3:11

# *Ephesians 4:32*

And be kind to one another,  
tenderhearted,  
forgiving one another,  
just as God in Christ  
forgave you.

# 1. **FORGIVENESS**



## 2 Corinthians 2:10

Now whom you forgive anything, I also forgive.

For if indeed I have forgiven anything, I have forgiven that one for your sakes in the presence of Christ,

## *2 Corinthians 2:11*

lest Satan should  
take advantage of  
us; for we are not  
ignorant of his  
devices.

# *Luke 17:1*

Then He said to the disciples, "It is impossible that no offenses should come, but woe to him through whom they do come!

## *Matthew 24:10*

"And then many will be offended, will betray one another, and will hate one another.

# *Matthew 24:11*

"Then many false prophets will rise up and deceive many."

# *Matthew 24:12*

"And because lawlessness will abound, the love of many will grow cold."

# *Hebrews 12:12*

Therefore strengthen  
the hands which  
hang down, and the  
feeble knees,

## Hebrews 12:13

and make straight paths for your feet, so that what is lame may not be dislocated, but rather be healed.



# *Hebrews 12:14*

Pursue peace with all  
people, and holiness,  
without which no one  
will see the Lord:

# Hebrews 12:15

looking carefully lest anyone  
fall short of the grace of  
God; lest any root of  
bitterness springing up  
cause trouble, and by this  
many become defiled;

## *Luke 23:34*

Then Jesus said, "Father, forgive them, for they do not know what they do."

And they divided His garments and cast lots.

## *Ruth 1:20*

But she said to them, "Do not call me Naomi; call me Mara, for the Almighty has dealt very bitterly with me."

# *Ruth 1:21*

"I went out full, and the LORD has brought me home again empty. Why do you call me Naomi, since the LORD has testified against me, and the Almighty has afflicted me?"

## *Exodus 15:23*

Now when they came to Marah, they could not drink the waters of Marah, for they were bitter. Therefore the name of it was called Marah.

# *Exodus 15:24*

And the people  
complained against  
Moses, saying, "What  
shall we drink?"

# *Exodus 15:25*

So he cried out to the LORD, and the LORD showed him a tree. When he cast it into the waters, the waters were made sweet. There He made a statute and an ordinance for them. And there He tested them,



*James 3:11*

Does a spring send  
forth fresh water  
and bitter from the  
same opening?