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A Glad Heart

By Teresa Hampton

Have you looked around lately? We are busy, busy people and often anxious. We're navigating the traffic, keeping appointments, getting the necessary shopping done and a whole host of other daily activities that may cause tension and anxiety. I find it intriguing that the meaning of the word "anxious" is "to strangle." When I'm anxious or worried about something, whether trivial or important, there is a sense that I'm being strangled with my thoughts.

Scripture talks about the result of anxiousness. *"Anxiety in the heart of man causes depression, but a good word makes it glad"* (Proverbs 12:25). There is so much common sense truth to that proverb! If left unchecked, an anxiety-ridden life will lead to depression. Depression then may involve self-doubt, irrational fears, and physiological changes. However, a good word makes the heart merry and glad.

We can choose to have good words in our minds, words that see ourselves and see others in a good light. This is also described as positive self-talk. It is a choice. Additionally, good words from others bring gladness to our hearts, and our good words bring happiness to other hearts. Words of kindness and compassion create a glad heart in our loved ones and those outside the home. An encouraging word, a compliment, and words of praise and admiration are welcome to any ear and will gladden any heart!

Today's Verse: *"Be anxious for nothing but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God and the peace of God which surpasses all understanding, will guard your hearts and minds through Christ Jesus."* (Philippians 4:6-7).

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