



Heart

Take a moment to pray that the Lord will soften your heart toward what He wants to pour into you.

Proverbs 27:19 *As in water face reflects face, so the heart of man reflects man.*

What is your heart currently reflecting?

If we allow our heart to be infected by negative attitudes, the springs of our life will be infected by those things.

Proverbs 4:23 *Guard your heart with all diligence, for from it flow the springs of life.*

How can you set a guard around your children's hearts so that they may grow into a mature person in their hearts?

Hero Tales are great books to read with your children to inspire and motivate their hearts toward goodness.

What pressures are in your heart? How can you hand those to Jesus, remembering that He was a Man of Sorrows, acquainted with grief?

Proverbs 13:40 *A heart at peace gives life to the body, but envy rots the bones.*

It is health for our bones when we choose to not carry the heavy burdens but instead to walk in peace because God is carrying the burdens. What do you need to give over to God in order to bring peace in your heart?

Proverbs 17:22 *A cheerful heart is good medicine, but a crushed spirit dries up the bones.*

Proverbs 3:3 *Do not let kindness and truth leave you; Bind them around your neck, Write them on the tablet of your heart.*

What kindness can you do for someone around you today? What does it look like to be kind as a mom, as a friend, as a wife?

Take time to ponder what these beautiful words of scripture mean and how they encourage you.