

PP Heart Talk

Part 10-Proverbs 16:21, 23-24 Words of a Wise Heart

3/14-15/2020

Illus At an evening social for army officers and their wives, the commanding general of the base had been given a special award and opened the evening with a long speech of thanks. A lieutenant mumbled to the woman at his side, *'Why they would award him a prize is beyond me. What an old windbag.'* The woman turned to him, her jaw set, and said, *'Lieutenant, do you know who I am?'* *'No, ma'am.'* *'I am the wife of the man you just called, 'an old windbag.'* *'I see'*, said the young lieutenant, *'and do you know who I am?'* *'No, I don't,'* said the general's wife. *'Good,'* said the lieutenant as he disappeared into the crowd.

A comical little story that shows just how easily our mouths can get us into trouble
The source of our words is the heart, and Solomon is about to teach us how that source can help us speak words that will truly bless others

PP 1-If you have a wise heart, your pleasant words will give you an influential reputation

It is amazing how fast technology has developed even in the last 20 years
I text a lot as well, but the speed my younger friends can type out a text is astounding to me
I've known for years that text messages are abbreviated by sms
I had no idea what that stood for so I looked it up...short messaging service
That is a great way to view the book of Proverbs...a collection of short messages of wisdom,
mostly given by Solomon, king of Israel
It's likely he taught them to his sons, but these short messages of wisdom were also taught to
young men being trained to serve the king in his courts, and there is the gospel tie in
This book helps us learn how we are to serve Jesus the King of kings in His kingdom
The key to serving Jesus well, is possessing wisdom
"The wise of heart is called discerning, and sweetness of speech increases persuasiveness." 21

Solomon gives us a short message, a portable wisdom saying that teaches us the power of a wise heart

Decades ago, there was a brilliant series of commercials for the stock brokerage firm, EF Hutton where all the characters in the scene would suddenly freeze and lean in as one of the actors spoke the tag line: *'When EF Hutton talks, people listen'*

Solomon is telling us in verse 21, when a wise heart speaks, people will listen
Something he knew well as **PP** ***"people of all nations came to hear the wisdom of Solomon, and from all the kings of the earth, who had heard of his wisdom."*** 1 Kings 4:34

If your heart is wise, you will soon develop the reputation as a discerning person, a prudent person who gives great thought before you speak
People do not listen long to those who speak without thinking, but when we think before we speak, we will gain a good reputation

PP ***"Let the wise hear and increase in learning, and the one who understands obtain guidance"*** Proverbs 1:5

The words the discerning, wise-hearted person uses, will be described as *'sweetness of speech'*

These are not syrupy words of flattery, nor are they only positive words afraid of saying the truth
To speak loving words that aren't true flatters people with empty manipulative praise, and
speaking true words that aren't loving hurts people

The bible tells us clearly how to speak: **PP** ***“Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ” Ephesians 4:15***

PP ***“And all spoke well of Him and marveled at the gracious words that were coming from His mouth” Luke 4:22***

This is how a wise heart speaks, and the result will be a persuasiveness to their words
The word ***‘persuasiveness’*** has the basic meaning here of taking or seizing the ability to
convince others

I believe all of us want our words to be significant, to help people and that is Solomon's goal
Wisdom moves us to think before we speak, and to speak sweetly, graciously, and the result will
be that we are able to take the moment we have and help others
People will listen to words that come from the wise of heart

PP 2-If you have a wise heart, your words will be insightful

There are some who are described as *young at heart* and some said to have an *old soul*
But what exactly is a person who is ***‘wise of heart’***?

Throughout the book of Proverbs, we see that a person either has a wise heart or a foolish heart
And he answers for us what the heart of the wise is. a heart that fears the Lord

PP ***“The fear of the LORD is the beginning of wisdom” Proverbs 9:10***

It sounds so terrible that we are encouraged to be afraid of the Lord

But for someone of faith, this fear is reverence, it is the kind of fear one has when you won't go
to any doctor other than the one who has treated you well for years

If we are to have hearts of wisdom, then it starts with an awe, and astonishment of God, that He
is so amazing, so holy, so powerful, so good, so perfect, so loving, that we would not
dare, or even desire to ever defy Him

A wise heart treats God differently than anyone else, treasuring Him above everything else
He isn't just someone you think about on the weekend, or when a crisis hits your life
He isn't one of several advice givers or helps when life gets tough, He is the refuge, the
counselor, the ultimate source of help

A heart that fears God knows that He will discipline us, take us to the woodshed when necessary,
but even during that dreadful discipline, there will be overwhelming sense of His love
and mercy

The heart that values God above anyone or anything is a heart that will never want to defy Him,
never think little of Him, never treat Him as a distant friend, that heart is a wise heart

The ***‘heart of the wise’*** is full of this confidence and awe and trust for God

PP *Wisdom is relying on God for His help and the fear of seeking help anywhere else but Him*

It is knowing God and trusting Him and relying on His power to live in a way pleasing to Him

If you have a wisdom-filled heart, you'll be confident that He will help you learn to speak well

The furthest thing from your heart would be to speak in a way that would grieve God

You'll constantly be aware that God is part of your conversations, even if only as a listener

Notice how someone with wisdom in his heart will speak: ***‘The heart of the wise makes his speech judicious and adds persuasiveness to his lips.’ 16:23***

If you are anything like me, I had no idea what ***‘judicious’*** meant, so I looked it up

PP It means to be insightful, clear, possessing sound judgment

We wisely make our speech insightful, and sound, pausing before we speak so we can understand

PP ***“The purpose in a man’s heart is like deep water, but a man of understanding will draw it out.” Proverbs 20:5***

The ***heart of the wise*** will have deep insight and sound judgment to see deeply in another person and draw it out in words, in counsel, in advice

Those with understanding, with wisdom, will be persuasive and influential with others

Do you remember the time that Solomon had two prostitutes come to his court or a ruling?

They shared a house together and each had a baby just a few days apart

One of them rolled over in her sleep and suffocated her baby, so she switched babies with the other woman while she slept so that one woke up with a dead baby

But a woman knows her baby, and the one whose baby was taken told Solomon what happened

He calls for a sword and commands the living baby be cut in two, a half given to each woman

But the child’s true mother cried out to protect her baby while the other one said cut him in two

Solomon knew then, the baby’s true mother, and **PP** ***“all Israel...stood in awe of the king,***

because they perceived that the wisdom of God was in him to do justice.” 1 Kings 3:28

There was no scriptural command that guided Solomon with this...wisdom gave him insight, and a clear sound judgment to know God’s will and carry it out

PP 3-If you have a wise heart, your words will refresh and heal those who hear them

As strange as it may seem to some, our inner being affects our outer being

The health of our souls affects the health of our bodies

One of the world’s leading experts in skin grafting for burn victims, kept discovering that he could not often get skin to graft on a patient full of anger, unforgiveness and bitterness

In fact, he began having his patients get counseling before beginning graft procedures

According to study at Ohio State University, a 30-minute argument with a spouse can slow your body’s ability to heal by at least a day, and if you argue regularly, the time is doubled¹

A long-term study in Michigan of women who suppressed their anger in confrontations found they had twice the risk of dying from conditions such as heart attack, stroke or cancer

Angry outbursts may be brief, but a University College of London found they caused surges in blood pressure and heart rate, raising the risk of heart attack by 19 percent

A study in Italy discovered that feelings of love raises levels of a hormone-like substance that improves memory by triggering the growth of new brain cells

Dr Lee Berk of Loma Linda University in California discovered that laughter increased

beta-endorphins by 27%, and sleep aiding hormones by 87%, even reducing the risk of a heart attack

¹ <https://www.psychologies.co.uk/self/the-link-between-emotions-and-health.html>

Forget giving a heart attack victim aspirin, tell them a good joke!

How we are on the inside will affect our physical health and Solomon knew all about this

PP *“fear the Lord...It will be healing to your flesh and refreshment to your bones.”*

Proverbs 3:7-8

PP *“A tranquil heart gives life to the flesh, but envy makes the bones rot.”* Proverbs 14:30

PP *“A joyful heart is good medicine, but a crushed spirit dries up the bones.”*

Proverbs 17:22

PP *“There is one whose rash words are like sword thrusts, but the tongue of the wise brings healing.”* Proverbs 12:18

Which brings us back to **Proverbs 16:24**, *“Gracious words are like a honeycomb, sweetness to the soul and health to the body.”*

Honey was not just a luxury among Israel, it was considered a medicine as well

Solomon’s father David, likely told him of his best friend Jonathon’s experience when he was famished from a forced fast and battle, and he ate some fresh honey and *‘his eyes became bright’*, strength and energy came back into him

That same rejuvenating power can be given through *‘gracious words’*

What makes our words *‘gracious’* is that they are kind, forgiving, overlooking of offense

The gracious heart knows that it is not necessary to state an opinion on every subject.

That it really isn’t important to have the last word in every argument

That it is not even gracious to demand your way in every decision

That isn’t necessary to defend ourselves against every person’s criticism of us

It is not necessary to share our views in every conversation

Speak to people graciously, and you can impact their souls as well as their bodies

That is the power our words have to give life!

PP (One slide) If we have wise hearts, our pleasant words will gain us influential reputations

If we have wise hearts, our words will be insightful and helpful to others

If we have wise hearts, our words will refresh and heal those who hear them

Amen?

Pray