

A **A cheerful heart (13-17)**

- Prov. 15:13** A glad heart makes a cheerful face,
 but by sorrow of heart the spirit is crushed.
- 14** The heart of him who has understanding seeks knowledge,
 but the mouths of fools feed on folly.
- 15** All the days of the afflicted are evil,
 but the cheerful of heart has a continual feast.
- 16** Better is a little with the fear of the LORD
 than great treasure and trouble with it.
- 17** Better is a dinner of herbs where love is
 than a fattened ox and hatred with it.

B **A calm heart (18)**

- Prov. 15:18** A hot-tempered man stirs up strife,
 but he who is slow to anger quiets contention.

B **An upright heart (19)**

- Prov. 15:19** The way of a sluggard is like a hedge of thorns,
 but the path of the upright is a level highway.