

PEACE & JOY IN THE HOLY GHOST

By Sorrow Of The Heart The Spirit Is Broken

I. **God places great significance on peace & joy because fear, sorrow and anger have resulting destructive effects; spirit, soul, body, life-***Rm14:17-The kingdom of God is not meat and drink but righteousness and peace [quiet, rest, tranquil] and joy [cheerful, calm delight, glad] in the Holy Ghost-NIRV, Ph4:6,4-Eph4:31-Ph1:28-Pr17:22-14:30*

II. **Yielding to fear, sorrow and anger affects the spirit**

A. Fear/sorrow/anger break the spirit-Eat way at your spirit like a cancer and leave you a weak, spiritless, faithless, joyless peaceless hallow shell of a being-*Pr15:13-A merry [glad, joyful, rejoicing] heart makes a cheerful countenance: but **BY** sorrow [worry, anger, grieve, sorry, vexed] of the heart [soul] the spirit [spirit of man] is broken [strike, crushed by beating, wounded, **weaken**, **impair**]-CEB-A **TROUBLED** heart breaks the spirit-2Tm2:17-Eat as doth a canker-1Sm1*

1. Broken-W.Study-The life, vitality, drive, spirit of a person that has been broken by a grieved heart; Renders them hopeless (faithless, joyless, peaceless)
2. You are not just a body-Your spirit can get in bad shape-*Ph1:22-But if I live in the flesh, this is the fruit of my labour: yet what I shall choose I wot not. ²³ For I am in a strait betwixt two, having a desire to depart, and to be with Christ; which is far better:²⁴ Nevertheless to abide in the flesh is more needful for you.*

B. Fear/sorrow/anger bring the spirit low-Carrying them loads you up, weighs you down, wears you out-*Pr12:25-Heaviness [anxiety, care, fear, sorrow] **IN** the heart [soul] of man makes it stoop [bring low]-**NOG**-Anxiety will weigh him down-**VO**-Weight of worry drags us down-**WY**-Mourning in the heart of a righteous person shall make him weak*

1. Anger is a weight-*Pr27:3-A stone is heavy and the sand weighty, but fool's wrath is heavier than them both*
2. Spiritual strength is real-If all of it is used on these, there'll be none left to function spiritually (believe, resist, serve)
3. You're heavy laden from caring what you're not to carry-*Mt11:28-Come unto me, all ye that labor and are heavy laden, and I will give you rest. ³⁰For my yoke is easy, and my burden is light.*

C. Fear/sorrow/anger melt the spirit-Drains it, leaking, drip by drip-*Ps119:28-My soul [whole of person-body, breath, mind, inner being] melts [drip, leak, sink into weakness, waste away] **FOR** heaviness [depression, grief, sorrow, vex, afflict]-**CJ**-I am melting away from anxiety and grief-**NIRV**-My sadness has worn me out-**TP**-My life's strength melts away from grief and sadness-**CEB**-My spirit sags because of grief*

III. **If sorrow breaks the spirit, joy ministers life and strength to your spirit**
Pr15:13-By sorrow of heart the spirit is broken-Neh8:10-The joy of the Lord is your strength

A. You can be quickened on the inside by the spirit of God-*Ep3:16-To be strengthened with might by His spirit in the inner man*

B. Choosing to rejoice ministers life and strength to the spirit inside