

Proverbs 14:30

i.e. content, trusting, at peace,
obedient

³⁰ A tranquil heart is life to the body,

But passion is rotteness to the bones.

"life" as God intended, joy,
properly ordered

(Habakkuk 3:16)

In contrast "passion":
desiring, coveting, discontent, longing for what
one does not have ... falsely ambitious
never satisfied

Such "passion" is not "life" but death... painful death

cross reference Ps 131 explains and illustrates "tranquility":

David imagines being a little child. Trusting, resting,
weaned, matured and self-controlled in regard to pride haughtiness and fleshly ambitions
A child is innocent, trusting, discovery, contentment, learning, loved, growing, dreaming

A tranquil heart is ...

1. innocent
2. has its priorities straight
3. learning of God
4. trusting in God
5. contented in basic things
6. intimate with God...
7. one with friends and/or family that are trusted

Conclusion: