



A Good Word

Proverbs 12:25

Series: Growth Point 2023

Grace Baptist Church • April 12, 2023

Introduction:

We constantly hear of the anxiety that hounds that hearts and minds of people all around us. We ourselves often face anxieties that we would rather not share with anyone else. While anxiety is mostly an internal issue, it does quickly show up on the expressions of our faces and in tone of our words. When we see some one struggling with anxiety, what is our response? The proverb that we will study tonight will guide us so that we can be the most help to those around us.

ANXIETY STATISTICS & FACTS: HOW MANY PEOPLE HAVE ANXIETY?

¹

- 27.3% of American adults have anxiety problems [3].
- 41.7% of young adults (18 to 29 years) suffer from anxiety [3].
- 9.4% of children in the US have anxiety [12].
- 36% of teens experienced higher anxiety levels during the pandemic [22].
- 31% of college students have an anxiety diagnosis [20].
- The prevalence of anxiety disorders in the US is higher in women at 30.8% than in men at 23.5% [3].
- 7.1% of the US population has social anxiety disorder [6].
- 94% of the workers feel stressed out at work [18].
- The COVID-19 pandemic caused a 25% increase in anxiety prevalence [9].
- 60.76% of healthcare workers felt higher fear and anxiety levels due to COVID-19 virus exposure [27].
- Only 36.9% seek treatment for anxiety disorders [6].

1. Anxiety causes Depression

¹ <https://cfah.org/anxiety-statistics/>

1. **Proverbs 12:25** *Heaviness in the heart of man maketh it stoop...*
2. DEFINITION—HEAVINESS: anxiety; a vague unpleasant emotion akin to worry that is experienced in anticipation of some (usually ill-defined) misfortune.

An average person's anxiety is focused on :

*40% -- things that will never happen
30% -- things about the past that can't be changed
12% -- things about criticism by others, mostly untrue
10% -- about health, which gets worse with stress
8% -- about real problems that will be faced*

What makes you anxious?

3. DEFINITION—STOOP: to weigh down; to be oppressive or disheartening to; alienate, disturb, to matter to, to sadden and weigh down, {*imperfect = continual*}
4. NOTE: Anxiety in your heart will affect you.

Anxiety can impact physical and mental health. It can affect the cardiovascular, urinary, digestive, and respiratory systems, and it can increase the risk of infection.²

feeling nervous, tense, or fearful

restlessness

panic attacks

a rapid heart rate

fast breathing or hyperventilation

sweating

shaking

fatigue

weakness

dizziness

² <https://www.medicalnewstoday.com/articles/322510#complications>

difficulty concentrating

sleep problems

nausea

digestive issues

feeling too cold or too hot

chest pain

5. QUOTE: The beginning of anxiety is the end of faith, and the beginning of true faith is the end of anxiety. —George Muller.
6. APPLICATION: God did not intend for us to live life with hearts full of anxiety.
7. *Philippians 4:6 Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.*

Transition: While we are instructed not to be anxious or to worry, it really helps to have people around us who will give a helping hand when we are weighed down with anxiety.

We are relational beings.

2. An Appropriate Word causes Delight

1. **Proverbs 12:25** ...*But a good word maketh it glad.*
2. DEFINITION—GOOD: having desirable or positive qualities; especially those suitable for a thing specified.
3. DEFINITION—WORD: brief statement
4. DEFINITION—GLAD: to gladden; to make happy or joyful.
{imperfect = continual}
5. **NOTE:** Sometimes we have a critical word for those who are stooping.

Well, if you had listened.

I told you that was going to happen.

I could have predicted that.

A critical, sarcastic word can wound for life.

A good word can encourage, motivate and cheer for

James 3:9 *Therewith bless we God, even the Father; and therewith curse we men, which are made after the similitude of God.*

6. POEM:

A careless word may kindle strife,
A cruel word may wreck a life,

A bitter word may hate instill,
A brutal word may smite and kill,

A gracious word may smooth the way,
A joyous word may light the day,

A loving word may heal and bless,
A timely word may lessen stress.³

7. **Proverbs 12:18** *There is that speaketh like the piercings of a sword: But the tongue of the wise is **health**.*

8. **ILLUSTRATION:** When the great painter Benjamin West was a young boy he decided to draw a picture of his sister. He got out bottles of ink and succeeded in making a mess. When his mother got home she said, "What a beautiful picture," and kissed him. Later in life he said, "That kiss made me a painter."

9. **Application:** We must always be ready with a GOOD WORD.

Ephesians 4:29 *Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers.*

³ Pearls from Many Seas, T. J. Bach

Conclusion

Who comes to your mind tonight that needs a good word from you?

Could you send them a text?

Could you write a note?