

Loneliness & Intimacy in the Wisdom of Proverbs

Heart Loneliness

Each heart knows its own bitterness,
and no one else can share its joy. *Proverbs 14:10*

Even in laughter the heart may ache,
and rejoicing may end in grief. *Proverbs 14:13*

Heart Intimacy

Anxiety weighs down the heart,
but a kind word cheers it up. *Proverbs 12:25*

The hearts of the wise make their mouths prudent,
and their lips promote instruction. *Proverbs 16:23*

The purposes of a person's heart are deep waters,
but one who has insight draws them out. *Proverbs 20:5*

One who loves a pure heart and who speaks with grace
will have the king for a friend. *Proverbs 22:11*

Perfume and incense bring joy to the heart,
and the pleasantness of a friend
springs from their heartfelt advice. *Proverbs 27:9*

New Testament Tie-Ins

The goal of this command is love, which comes from a pure heart and a
good conscience and sincere faith. *1 Timothy 1:5*

Now that you have purified yourselves by obeying the truth so that you
have sincere love for each other, love one another deeply, from the
heart. *1 Peter 1:22*

Rejoice with those who rejoice; mourn with those who mourn.
Romans 12:15

Come to me, all who labor and are heavy laden, and I will give you rest.
Take my yoke upon you, and learn from me, for I am gentle and lowly
in heart, and you will find rest for your souls. *Matthew 11:28-29*

The Problem of Bypassing the Heart

Social Media & Scoring Points

Fools find no pleasure in understanding
but delight in airing their own opinions. *Proverbs 18:2*

Dismissing Emotions

Like one who takes away a garment on a cold day,
or like vinegar poured on a wound,
is one who sings songs to a heavy heart. *Proverbs 25:20*

Selfishness, Abuse, and Manipulation

Like a coating of silver dross on earthenware
are fervent lips with an evil heart.

Enemies disguise themselves with their lips,
but in their hearts they harbor deceit.

Though their speech is charming, do not believe them,
for seven abominations fill their hearts.

A lying tongue hates those it hurts,
and a flattering mouth works ruin. *Proverbs 26:23-25, 28*

Staying on the Surface is Not Safe!

A man of many companions will come to ruin,
but there is a friend who sticks closer than a brother. *Proverbs 18:24*

Dangerously Ignoring Your Own Heart

A person may think their own ways are right,
but the Lord weighs the heart. *Proverbs 21:2*