

## UPBUILDING - A GOOD WORD UPBUILDS

~ **Men** ... **Righteous** ... **Upbuilding** - Anxious care can cause the heart to bow down, but a good word will make it rejoice' (**Proverbs 12:25**) [\[12\] - References](#)

**Proverbs 12:25**· Anxious care in the heart of a man is what will cause it to bow down, but the good word is what makes it rejoice.

[\[12\] - References](#)

- So the king said to me; Why is your face gloomy when you yourself are not sick? This is nothing but a gloominess of heart. At this I became very much afraid. (**Nehemiah 2:2**)
- I have become disconcerted, I have bowed low to an extreme degree, all day long I have walked about sad. (**Psalms 38:6**)
- A joyful **heart** has a **good** effect on the countenance, but because of the pain of the **heart** there is a stricken spirit. (**Proverbs 15:13**)
- On this account I say to **YOU**; Stop being anxious about **YOUR** souls as to **what YOU will** eat or **what YOU will** drink, or about **YOUR** bodies as to **what YOU will** wear. Does not the soul mean more than food and the body than clothing? (**Matthew 6:25**)
- Expectation postponed is making the **heart** sick, but the thing desired is a tree of life when it does come. (**Proverbs 13:12**)
- Pleasant sayings are a honeycomb, sweet to the soul and a healing to the bones. (**Proverbs 16:24**)
- The Sovereign Lord Yehowah himself has given me the tongue of the taught ones, that I may know how to answer the tired one with a **word**. He awakens morning by morning, he awakens my ear to hear like the taught ones. (**Isaiah 50:4**)
- And Yehowah proceeded to answer the angel who was speaking with me, with **good words**, comforting **words**. (**Zechariah 1:13**)
- With that Phinehas the son of Eleazar the priest and the chieftains returned from the sons of Reuben and the sons of Gad in the land of Gilead to the land of Canaan to the other sons of Israel and brought back **word** to them. (**Joshua 22:32**)

- Why are you in despair, O my soul, and why are you boisterous within me? Wait for God, for I shall yet laud him as the grand salvation of my person. (**Psalms 42:5**)
- A **heart** that is joyful does **good** as a curer, but a spirit that is stricken **makes** the bones dry. (**Proverbs 17:22**)
- Say to those who are anxious at **heart**; Be strong. Do not be afraid. Look! **YOUR** own God **will** come with vengeance itself, God even with a repayment. He himself **will** come and save **you** people. (**Isaiah 35:4**)