



Heart -Matters



**Each heart knows its own bitterness,
and no one else can fully share its joy.**

Proverbs14:10 NIV

Pretend

- ⦿ Pretend you're happy when you're blue
It isn't very hard to do
And you'll find happiness without an end
Whenever you pretend
- ⦿ Remember anyone can dream
And nothing's as bad as it may seem
The little things you haven't got could be a lot
if you pretend

So Why Don't You Pretend?

- ◎ You'll find a love you can share
One you can call all your own
Just close your eyes she'll be there
You'll never be alone
- ◎ And if you sing this melody
You'll be pretending just like me
The world is mine it can be yours my friend
So why don't you pretend



Heart -Matters



- ◎ **Proverbs 14:10 (NIV)**

Each heart knows its own bitterness,
and no one else can fully share its joy.

- ◎ **Proverbs 14:10 (EXB)**

No one else can know your sadness [**A heart knows its emotional distress**],
and strangers cannot share your joy.



Heart–Matters



- ◎ **Proverbs 14:10 (GNT)**

Your joy is your own; your bitterness is your own.
No one can share them with you.

- ◎ **Proverbs 14:10 (ERV)**

When you are sad, no one else feels the pain; and
when you are happy, no one else can really feel
the joy.



Heart -Matters



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Proverbs14:10 NIV

- ❑ What matters to your heart?
- ❑ What makes you **sad**-what brings your **joy**?
- ❑ **Why** does it matter to your heart?
- ❑ What has taking your heart by surprise ?



Heart -Matters



- ◎ Each heart knows its own bitterness, (NIV)
- ◎ No one else can know your sadness (ERB)
- ◎ When you are sad, no one else feels the pain (EXB)
- What does sadness **look like** / **feel** like in your life ?

SADNESS

◎ **Regret**

◎ **Loss / Grief**

◎ **Unfilled- Desires**

◎ **Unloved-Lonely**

◎ **Failure**

SAD-*because of...*



Heart -Matters



- ⦿ no one else can **fully** share its **joy**, (NIV)
- ⦿ Your **joy** is your own; (GNT)
- ⦿ When you are happy, no one else **can really feel** the joy. (EXB)
- What does joy **look like / feel** like in your life ?
- ⦿ **Real-Friendship**
- ⦿ **Being-Loved**
- ⦿ **Music / Fun**
- ⦿ **God**
- ⦿ **Family**

JOY

JOY-because of...



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Proverbs 14:10 NIV

PRETEND

REALITY



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Proverbs 14:10 NIV



- ❑ **There's a limit in how far we can empathise with people**
- ❑ **“I Want You to Know How I Feel”** Truly we may never fully know / understand **“What You're Feeling “**
- ❑ **The importance of knowing our individual heart**

