



Proverbs 17:22

# Medicine for Moms



**A merry heart does good, *like*  
medicine, But a broken spirit dries the  
bones.**

Call to the Word / Pro 17:22







**Things mom's never thought they'd  
have to experience.**

Introduction





# Nine Stages of Motherhood

## Introduction





# **A Mother's Joy is One of God's Greatest Gifts**

**Sarah's Laughter (Gen 21:6-7)**

**Hannah's Prayer (1 Sam 2:1-2)**

Introduction







# **A Mother's Joy is One of God's Greatest Gifts**

**Elizabeth's Joy (Luk 1:57-58)**

**Mary's Song (Luk 1:46-49)**

Introduction





*Joy isn't just a feeling—it's a gift from God that lifts us, heals us, and gives us strength, especially on the days when motherhood feels like a marathon with no finish line.*

## Introduction







**“A merry heart does good, *like* medicine, But  
a broken spirit dries the bones.”**

**Lit: “A joyful heart makes good healing, but a  
stricken spirit dries up the bones”**

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**“...a crushed spirit dries up the bones”**

**Crushed:** broken or oppressed. It describes a feeling of being brought low, discouraged, or defeated.

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The “bone-dry” crushed spirit is the one that’s lost the passion, drive, or energy to press into life’s challenges.

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*God didn't design us to live drained, defeated,  
and bone-dry. He invites us to something  
deeper, something life-giving: a joyful heart  
isn't about pretending everything's perfect...*

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*...it's about trusting the One who holds it all together. It's a joy that refreshes us from the inside out, even in the middle of the mess, the worries, and the unknowns.*

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**“...a joyful heart brings healing”**



**Joyful Heart:** conveys a sense of cheerfulness and inner happiness.

**Good Medicine:** refers to something that restores health or provides relief.

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**A joyful heart must be cultivated, like a garden:**

You must intentionally practice habits and mindsets that grow joy.. it doesn't just happen automatically—it needs patience, consistency, and care to thrive.

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Intentionally practice habits and mindsets  
that grow joy...

**Php 4:8; 2Pe 1:3-4**

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## Develop an Attitude of Gratitude

**1Th 5:18**

It's not about pretending the moment is fun. It's about choosing to acknowledge God's presence and goodness within it. That's where peace—and even joy—can sneak in.

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## Pursue Progress over Perfection

**Php 3:12-14**

Joy flourishes where there's room for mistakes,  
grace for the journey, and freedom to keep  
moving forward.

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## Stop Competing / Start Celebrating

**1Co 1:12, 3:5, 4:1**

Celebrating others makes room for more connection, more peace, and more joy—because you're no longer trying to win a race God never asked you to run.





## Pursue Passions with Purpose

**Col 3:23**

The purposeful use of your passion is life-giving—not draining. And when your heart is full, you show up for your people with more energy, more presence, and more love.

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## Smile & See the Silly

**Pro 15:13** – “A glad heart makes a happy face...”

Joy grows in homes (and hearts) where laughter is allowed, even welcomed. Smiling and seeing the silly reminds us: it's okay to enjoy this imperfect, beautiful life.





## Stay Steadfast in the Savior

**Ps 16:11** – Spend time in His presence

**Jhn 15:11** – Listen to Him through His Word

**Jhn 16:22-24** – Talk to Him, especially about  
His Word...trust, depend, expect, thank





"These things I have spoken to you, that  
My joy may remain in you,  
and *that* your joy may be full." (Jhn 15:11)

*-because-*

"A joyful heart is like good medicine"  
(Pro 17:22)





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