# Wisdom Needed for Our Time (Part 2): Dealing with Negative Emotions – April 5, 2020

**A) When the inner life is crushed, our whole life will be filled with negativity**

**B) No other human being can truly feel and understand your inner life except you yourself**

**C) Life-giving words is one remedy to a crushed heart**

**D) The emotionally and spiritually healthy are called to help the broken-hearted**

**E) Fight for your joy and smile more**

*Other Scriptural References: Proverbs 17:22; 14:10, 13; 15:4; 20:1; 15:13; 12:25; 14:13*