



The Cure for a Troubled Heart: Meditations on Psalm 37

Ron Mehl

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It is during the most painful times in our lives that we most desperately need a cure for the troubled heart. Sometimes we lean on friends for support; at other times we may bury ourselves in activity to try to bury the pain. Such cures offer only a temporary fix. But as Psalm 37 reminds us, the Lord can actually cure a troubled heart. Through a series of brief, tender meditations inspired by Psalm 37, best-selling author Ron Mehl offers solace to those experiencing times of trouble. When a person delights in the Lord, they will know his tender, healing touch. For, as the Psalmist reminds us: just as sure as the sun rises in the morning and the Lord gives us another day to live, he'll be working to bring about the healing needed in our troubled hearts. Men and women of all ages, and from all walks of life, will be deeply comforted and encouraged by The Cure for the Troubled Heart.

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