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LAUGHTER

In Proverbs 17:22 reminds us how important it is to laugh. It says, "***A merry heart doeth good like a medicine: but a broken spirit drieth the bones.***" We can find humor in so many ways.

I like to joke around and laugh. Sometimes I laugh so hard it hurts. A funny story, or something someone said that was just a little crazy can cause me to laugh. When this laughter comes from the heart it works like medicine.

The story is told of a man that found out he had cancer. The doctor did not give him the best report, telling him that he only had a few months to live. But he also told the man that he had heard of laughter being a medicine. He told the man to go home and find the funniest tv shows that he could find and start laughing. This man had been so serious all his life and rarely laughed at anything. It was something new for him, but since it was an opportunity to extend his life, he gave it a try.

This man started watching old tv shows that were funny and started laughing. He laughed in the morning and in the middle of the day and in the evening. Sure enough, laughter worked. The cancer disappeared.

Many reading this have gone through some serious situations in the past year. Perhaps you need to "lighten up" a little and try what the man did. I guarantee that scripture cannot lie. If it says a merry heart is a medicine, then take laughter as a medicine several times a day until your countenance is merry. You will feel better!