

HELEN SANDERS

3-13-2021

LAUGHTER AS A MEDICINE

Proverbs 15 has two verses that should be used daily. Verse 13 says, "***A merry heart maketh a cheerful countenance: but by sorrow of the heart the spirit is broken.***" Then verse 15 says, "***All the days of the afflicted are evil: but he that is of a merry heart hath a continual feast.***"

Do you have a merry heart? Does your life reflect it? We can have joy in our lives that comes from God even in the midst of chaos when we trust God. When we continually dwell in sorrow, then our spirit is broken. Proverbs 17:22 says, "***A merry heart doeth good like a medicine: but a broken spirit drieth the bones.***"

Satan wants to take away the joy from your life. He is the one that came to steal, to kill, and to destroy, but God wants you to have an abundant life. Have you ever wondered why God said to come to him as a child? It doesn't take a lot for a little child to laugh. You can say "Peek a Boo" to a little one and they will giggle and laugh. It is so much fun to see a little one do this. God wants you to be like that little child and have a merry heart, not a heart full of sorrow.

Since laughter is a medicine according to Proverbs 17:22 then I want you to do this. At the count of 3 let out a laugh.

Okay, One; Two; Two and one quarter; two and one half; two and three fourths;

THREE!

Ha, ha, ha!

There, now, you have just taken a dose of medicine! It didn't cost you anything but a good belly laugh! There is always something to laugh at. Just look in the mirror. Be Blessed