## HELEN SANDERS 5-17-2024 SMILE - IT INCREASES YOUR FACE VALUE

We have heard the old cliché that says, "smile, God loves you," but there is another adage that is something to think about. It is this: "Smile. It increases your face value." Yes, smiling can change your entire day.

I was speaking to a non-believer recently and even this person said that people have become so unhappy and are so full of offense and anger. It seems that the slightest thing "sets people off." I had to agree. This is true in the "world" but it is also true in the church.

There are so many chaotic things going on that cause one to lose their peace. The reason this happens is they are looking at the circumstances instead of unto the Lord. Our peace does not come from others; it comes from God.

There are so many opportunities to laugh at ourselves. Just looking in the mirror can bring a chuckle if we think about it.

A bad hair day? Well, at least you have hair. 😊 Car broke down? Well at least you can walk. 😊 Out of toilet paper? Well, there are always leaves. 😊

Laughter brings so much joy into the atmosphere. I think it is time to laugh a lot more. If you do not have something to laugh about, then make up something.

Remember, it takes a lot more muscles to frown than laugh. It just might be the reason some of us have wrinkles 😊

In Psalm 16:2 it speaks of Israel's promise to return to their land. It says, **"Then was our** mouth filled with laughter, and our tongue with singing: then said they among the heathen, 'The LORD hath done great things for them."

God wants us to enjoy our lives my friends. It pleases him to see you laugh. It might just be what brings you out of bondage. So, remember, smile, it increases your face value.