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2-9-2024
A MERRY HEART

In Proverbs 17:22 it says, ***“A merry heart doeth good like a medicine: but a broken spirit drieth the bones.”***

It is so important to have laughter in your life. It is medicine! There is always something to laugh about. Good clean jokes can bring laughter and laughter changes the atmosphere.

People can be naturally funny. Years ago, I was working in a law firm and very busy with several young children. We were invited to an event at a place, and the family went there. I met an old friend there and was thinking to myself that I would like to have her visit sometime, but being so busy, and not being home a lot in the daytime, I did not know just how to make it work. Out of my mouth came these words, “Why don’t you come visit some time when I’m not home.” Now that is not what I meant to say, but that is what came out. She looked at me and laughed and so did I.

I have met so many people in my 70+ years, and there is always that one that never laughs. You would think they were baptized in pickle juice because they have such “sour” dispositions.

Loosen up. Yes, there are a lot of terrible things happening in the world, but do not get caught up in the negative. Take time to smile. It will make you feel good.

In closing, I am reminded of speaking to a telephone operator years ago. She sounded so happy and was so helpful. I told her that her attitude was full of joy. She told me that all the operators had to have a mirror in front of them when they spoke, so they knew how they looked. It changed her. I think we all need that mirror more often than not.

Smiles.