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A MERRY HEART

There was a song written in 1954 by Stuart Hamblen that played when I was a young girl. It was called "Open up your Heart (and let the Sunshine in)." The words of the song had a big influence on me. The words go like this:

"Mommy told me something a little girl should know.
It's all about the devil and I learned to hate him so.
She said he causes trouble when you let him in your room.
And he'll never ever leave you if your heart is full of gloom.

Chorus:

So let the sunshine in, face it with a grin.
Smilers never lose,
And frowners never win.
So, let the sunshine in, face it with a grin.
Open up your heart, and let the sunshine in.

Often this little chorus and song will run through my mind. Because of that song, I learned very young the importance of smiling. A smile can chase the clouds away. A smile can ease the pressures of everyday life. A smile makes you feel better. The devil hates praise my friends, and we can use a smile and praise as a weapon to "keep the devil out of our room!"

In Proverbs 17:22 it says, "**A merry heart doeth good like a medicine: but a broken spirit drieth the bones.**" It is obvious to me that someone that never smiles doesn't have a merry heart. Gloom brings doom, but laughter, smiling, and the joy of the Lord bring healing to us.

So, let the little jingle of this song bring you some smiles today. There is always something to smile about. Someone needs your smile today as much as you do!