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## A MERRY HEART

Proverbs 17:22 says: “A merry heart doeth good like a medicine: but a broken spirit drieth the bones”. Will a merry heart take the place of medicine? Yes it will! A merry heart is healthy, a merry heart expresses the joy of the Lord inside you, and a merry heart rejects depression, sadness, and anxiety.

A broken spirit develops many bodily illnesses. We must not let grief, continual worry, anxiety, hatred or offense stay in us because these things open the door for sickness and disease.

Proverbs 15:13 says: “A merry heart makes a cheerful countenance: but by sorrow of the heart the spirit is broken.” A smile can say a thousand words and a happy person draws people to him. A doctor from Australia said, “Those who find it easy to laugh seldom have heart attacks.” Laughter is joy overflowing. Joy is one of the fruit of the Spirit that needs to be cultivated. When you put sound to joy it will come out as laughter, just as sorrow will manifest itself in crying.

There is a chorus that says, “Lord you cause my heart to laugh and make my mouth to sing.” Joy is not based on feelings or circumstances; joy is bestowed by God and resides in one’s spirit. Nehemiah 8:10 “The joy of the Lord is your strength”. Isaiah 52:9 “Break forth into joy, sing together.” Phil. 4:4 “Rejoice in the Lord always; and again I say, Rejoice.”

Laughter is good for the body and the soul. It releases tension, worries, and fears. It works like a medicine. It may even add years to your life.

In Hebrews 12:2 it shares that we were the JOY that was set before Jesus that enabled Him to endure the cross and despise the shame. He did it for us.

He died that we could live - He became poor that we might be rich.  
He became weak to make us strong - He became sin to make us righteous.

This alone should make us rejoice – shout – praise – dance – worship. He purchased our eternal salvation with His own precious blood. So my word for you today is: Rejoice! Have a merry heart, a singing heart, a forgiving heart, and a soft heart!

In His love and mine,



Marion Z. Wright