



Proverbs 17:22, "A merry heart doeth good like medicine."

I am exhausted more than usual because life lately has been a personally draining time. I know the world out there is a world filled with sin, sickness, heartache and despair that tries to suck the life out of us. However, God is bigger and we can trust Him!.

James 1:2-4 "Count it all joy, my brothers, when you meet trials of various kinds, for you know that the testing of your faith produces steadfastness. And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing."

Look closely. The first thing the passage says is, "Count it all joy."

Count it all joy in trials? Count it all joy in the testing of my faith? Ummm yea....not feeling it right? Let me help. "Count it all joy" is the truth. Joy is a key to your victory. Paul knew it and lived it. Think about it, if anyone can tell us "to count it all joy", it's him.

Did you ever notice that Paul spoke about joy a lot in his writings? However in Philippians he mentions joy 16 TIMES and he wrote that from PRISON! Wow... I want to bring some "Joy" your way today.

The Hebrew language is known for its categories or constructions use of one word. In Proverbs 17:22, it is called , "the causative tense." This means you put a verb in the causative tense when you want to say that one thing causes another to happen. Do you see this? One thing causes another thing to happen. So a literal translation for Proverbs 17:22 would be, "A cheerful heart causes good healing." Good healing? Really? What exactly does that mean?

The deeper the laugh, the greater the benefit. Laughing is a form of exercise. There is nothing better than a good laugh because it gives your whole body a workout. Everything in you responds. Your cells respond to laughter, your muscles shrink and your lungs expands which in turn releases hormones through out the blood stream.

I once heard if you want to confuse the devil, laugh when things look bad...

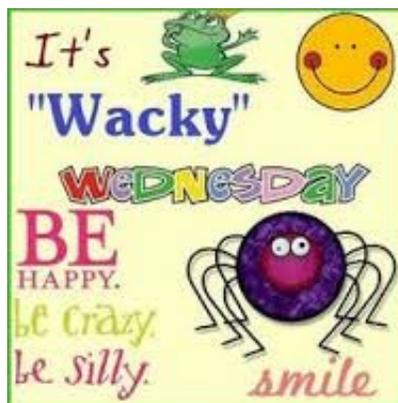
So today, I want to give you an opportunity to confuse the devil! I pray today is filled with incredible laughter that overflows into all your tomorrows!

What's the difference between an optimist and the pessimist?

The optimist sees the doughnut, the pessimist sees the hole.

The optimist is the person who invented the airplane and the pessimist the person who invented the parachute. You need them both.

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Raisin cookies that look like chocolate chip cookies are the main reason I have trust issues.

**I WANT TO BE THE REASON YOU LOOK DOWN AT YOUR PHONE AND SMILE. THEN WALK INTO A POLE.**

