

The Great Benefit

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

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."*

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. 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.

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.

Did you ever notice that Paul spoke about joy a lot in his writings? In Philippians alone he mentions joy 16 TIMES and he wrote that from PRISON! Joy is the word for today....and God wants to bring more "Joy" your way.

I pray today is filled with incredible laughter that overflows into all your tomorrows!

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