

Cultivate a Cheerful Heart

*“A cheerful heart is good medicine, but a broken spirit saps a person’s strength”
(Proverbs 17:22)*

Life can be hard! And lately, I feel like it is every bit and more! As I was waking up one morning, I heard, “ **Laughter is a gift from God that can easily be shared.**” My first thought was, “Yea, well, I don’t feel laughing...” But as I laid there, I thought about how easily I can share that with others.

The Book of Proverbs is packed full of wisdom about the heart. The Bible shows how heart, is associated with thinking, the will, and the emotions of personal life. Research shows that laughing keeps you healthy, but the Bible said it first!

Laughter wields communicative power in Scripture. But most important of all, is God’s laughter. You are made in his image, you get your laughter from him (Psalm 37:13; Psalm 2:4; Proverbs 17:22; Proverbs 15:13; Job 8:21).

According to Psychology Today’s, laughter is “one of the distinguishing features of human beings” and may be “the most contagious of all emotional experiences” Laughter, has both short and long-term physical benefits: Laughter increases oxygen to the heart, lungs and muscles. Laughter also increases the endorphins that are released by your brain, help improve your mood and reduce physical pain. The deeper the laugh, the greater the benefit.

Laughing is a form of exercise and should be done regularly. Think about it, no gym membership required, doesn’t cost you a dime and there is no easier workout!!! A good laugh gives your whole body a workout. Everything in you responds! Your blood cells respond to laughter, your muscles shrink (I need to laugh more!) and your lungs expands which in turn releases hormones through out the blood stream.

That’s some of the physical benefits, the mental benefit shows laughter to lighten burdens and inspire hope. Laughter adds joy to life, eases anxiety, helps with tension & stress, and improves mood.

When you laugh, you connect with one others. Take the time to laugh. It is one of the greatest gifts you can give and it's free! The Bible declares that true spiritual joy begins deep inside, then spreads to your face. Make a point to cultivate a cheerful heart and watch God change lives around you.

“Then our mouth was filled with laughter And our tongue with joyful shouting; Then they said among the nations, “The LORD has done great things for them.” Psalm 126:2

Rev. Dr. Gina Cobb. 2,21,2020