

A Merry Heart Does Good Like A Medicine

A. God's Supernatural Medicine is Healing for our Hearts.

1. A merry heart does good, like medicine,
but a broken spirit dries the bones. Prov 17:22 NKJV
2. A happy heart is good medicine,
but low spirits sap one's strength. Prov 17:22 CJB
(Complete Jewish Bible)
3. A happy heart is good medicine and a cheerful mind
works healing, but a broken spirit dries up the bones. Prov 17:22 TLB
(The Living Bible)

B. Make Time to Enjoy Life and Laugh.

1. A time to weep, **and a time to laugh**; A time to mourn,
and a time to dance. Eccl 3:4 NKJV
2. All the days of the desponding and afflicted are made evil
[by anxious thoughts and forebodings], but he who has a glad heart
has a continual feast [regardless of circumstances]. Prov 15:15 AMPC
3. Rejoice in the Lord always [delight, gladden yourselves in Him];
again I say, Rejoice! Phil 4:4 AMPC4
4. Then our mouth was filled with laughter, and our tongue with singing. Ps 126:2 NKJV
Then they said among the nations, "The Lord has done great things for them."

C. God's Supernatural Joy Gives You Strength.

1. For the joy of the Lord is your strength. Neh 8:10 NKJV
2. The joy that the Lord gives you will make you strong. Neh 8:10 GNT
(Good News Translation)
3. And be not grieved and depressed, for the joy of the Lord
is your strength and stronghold. Neh 8:10 AMPC

D. Restore to Me the Joy of Your (God's) Salvation.

Ps 51:12 NKJV

E. God's Happy Hormones are Good for Us.

1. Endorphins released by laughter inhibits pain, stimulates euphoria and is healing to the body.
2. So let God's joy and happiness saturate your life through laughter continually!