“A MERRY HEART”

The other day I heard a report on TV that stated a research project had determined that singing made people feel better. According to this report, something like endorphins (whatever that is) was released into the system when people sing, that makes them more euphoric.

I immediately started singing, not that I felt bad but I always want to feel better.

I am not a disbeliever in science but I am a believer in the Bible and what it says. And the Bible says, “A merry heart maketh a cheerful countenance: but by sorrow of the heart the spirit is broken.’ ‘A merry heart doeth good like a medicine: but a broken spirit drieth the bones.” (Prov. 15:13; Prov. 17:22)

Laughter and good humor has always been a plus. It helps in our relationship with others as well as help make us feel good. No one wants to be around a sour puss for very long. It has a tendency to get a person down plus it tends to spread to others as well.

More than just a respite from sadness and pain, laughter gives you the courage and strength to find new sources of meaning and hope. Even in the most difficult of times, a laugh—or even simply a smile—can go a long way toward making you feel better. And laughter really is contagious—just hearing laughter primes your brain and readies you to smile and join in the fun.

Smile, and have a good laugh. You might be surprised at others who join you.

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