

## “A MERRY HEART”

Joe Spivy, Jr.

Wanted: Laughter!-More laughter at home, work, and gatherings of the Lord's people. Laughter from a merry heart is a necessary by-product of Christianity. It not only encourages the saved but also attracts the lost.

After reading of God's law Nehemiah exhorted the Jews to no longer grieve or be sorry. They were to be happy *“for the joy of the Lord is your strength.”* (Nehemiah 8:10) As Christians we have every reason to rejoice because of our assurance in God.

The Church, like Israel, can depend upon its God. When God rules the life there is an abundant source of joy. And from that fountain of joy comes our laughter. Ages ago Solomon observed that, *“A merry heart doeth good like medicine: but a broken spirit drieth the bones.”* (Proverbs 17:22)

Now, centuries later, medical men have found that to be true. Happy people run less risk of physical or mental illness than others. The Church, as the body of Christ, needs laughter also. Those who refuse to laugh dry the bones of Christ. If the body is to be nurtured and made strong, there is need for more laughter. The basis of this laughter, this merry heart, is Jesus. Other foundations crumble, but Jesus remains constant.

Some are searching for happiness, for a reason to laugh. The Prodigal found it, and there was much rejoicing. Our joy can attract others, but only if we let them see it. So go ahead and laugh some more. It will do you (Proverbs 15:13, 15) and the Church good!