

Messenger Of Truth

"Holding forth the Word of Life" (Phil. 2:16).

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Laughter

"Laughter is the only strategy that has ever worked at all for me when my world is falling apart." – Pat Conroy, *The Prince Of Tides*, Chapt. 7

"All the days of the afflicted are evil, but he who is of a merry heart has a continual feast" (Prov. 15:15).

What a joy it is to be able to laugh. Life would be awfully dull if we couldn't find a reason to smile. Are you aware that children laugh some 400 times a day on average according to Dr. Loehr, a Sports Psychologist? Do you suppose there is some wisdom in this revelation?

"A merry heart does good, like medicine, but a broken spirit dries the bones" (Prov. 17:22). It's right in front of us but do we listen to what it says? That merry heart is "like medicine." In 2008 America spent more than 234 billion dollars on prescription medications. Lord Byron said it well, "Always laugh when you can. It is cheap medicine."

Isn't it interesting that the Bible makes reference to a merry heart as a "continual feast." As long as one can be happy and merry, and able to laugh the gaiety of the spirit is such that it seems like a long and wonderful feast. What a shame that some folks would rather wallow in self pity and despair than to enjoy life.

The Hebrew writer warns, "Looking carefully lest anyone fall short of the grace of God; lest any root of bitterness springing up cause trouble, and by this many become defiled" (Heb. 12:15). The poison of bitterness has done its work on far too many souls. Laughter, being merry and happy, fight against such an evil.

Civil Rights Leader, Martin Luther King, Jr. wrote in *The Strength To Love*, of the "temptation of bitterness." One probably does not think of bitterness being tempting, but it has its attraction to some folks.

What we need to work and focus on is an attitude, a disposition that radiates a much more cheerful outlook on life. My how the brethren need it. It was Charles White in a sermon that expressed a horrid truth, "Some of my brethren look like they have been baptized in pickle juice." Why is it that we think that laughter and being merry is such a horrible thing? Why does having a sullen and miserable look on our faces appeal so strongly?

You can make a powerful difference by loosening up a little. No, this is not to suggest ignoring the seriousness of God's Word. But you will find that people will be far more attracted to a light hearted person than one who relishes in being vinegary.