

Laughter Is Indeed Divine Medicine

By Mike Riley

A doctor once told a patient, "If you do not have a sense of humor, you'll have to take medicine." In front of him was a Bible that was opened to Proverbs 17:22: "A merry heart does good, like medicine, But a broken spirit dries the bones."

When we laugh, a large supply of oxygen is pumped into our lungs; muscles that need exercise are used; the whole body has a feeling of well-being. One study found that laughter is linked to the healthy function of blood vessels. One doctor who specialized in ulcers encouraged his patients to clip out side-splitting jokes and read them to their families around the dinner table so all could benefit from the ensuing natural laughter.

It's a known fact that cheerful people resist disease better than those who are glum and serious all of the time. The Proverb writer agrees: "A merry heart makes a cheerful countenance, But by sorrow of the heart the spirit is broken" (Proverbs 15:13). "All the days of the afflicted are evil, But he who is of a merry heart has a continual feast" (Proverbs 15:15).

During a critical time in his presidency, Abraham Lincoln called a meeting of his cabinet and began reading to them some humorous excerpts from a book. Some in attendance didn't appreciate the humor. Lincoln told them, "Gentlemen, why don't you laugh? If I didn't laugh with the strain that is on me day and night, I would go mad. And you need the medicine of laughter as much as I do."

Brethren and friends, the bottom line is this: Laughter is Divine Medicine. Let's not be afraid to incorporate humor into our daily living. Preachers and teachers of God's word who incorporate humor into their preaching and teaching will see more of a positive response from their audience than those who do not.

Laughter is God's prescription to man in handling tension, relieving suffering, and bringing peace to the soul.



STERLINGTON
Church of Christ



P.O. Box 82
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Sunday Morning Bible Classes - 9:30 AM
Sunday Morning Worship - 10:30 AM
Sunday Evening Worship - 5:00 PM
Wednesday Evening Classes - 6:00 PM.

Welcome Visitors

If you are seeking a church home, we hope that you will consider joining with us. We are a growing congregation, dedicated to worshiping in truth and spirit. Please fill out the Visitor's Card and place it in the collection plate!

Those to Serve

Today

Announcements- Lyle Russell

Communion- Rick Cook

Sermon- Don Delukie

Opening prayer- Ronnie Hayes

Closing Prayer- Damien Miller

March 23rd

Announcements- Wayne Fowler

Opening prayer- Rick Cook

Communion- Ronnie Hayes

Closing Prayer- Gary Harris

Sermon- Don DeLukie

Announcements

—Question & Answer Series: Our next Question & Answer Series will be when enough questions are collected. Give your questions to Don.

—Children's Home Collection: Our congregation is collecting items for the Children's Home in Paragould, AR. Collection boxes are by the nursery. A list of needed items is in the foyer.



Scan the QR code to visit our website.



Please Pray For:

Kara Freeman, Barbara Wheeler, Nolan Simpson, Betty Bradshaw, Carolyn Jones, Vinod Raje family, Danaya Ross, Louvenia Dickson, Chuck & Shannon Boyer, Larry Randolph.

Bereaved: Family of Emma Reed, Bobby Simmons, Ronnie White.

Needing Long-Term Prayers:

Melanie Christy, Leo & Shirley Goodwin, Tommy Franklin, Carol Granger, Arthur Binford, Dan Ross Jr, Dena White, Joanne Randolph, Bettye Flowers, Linda Garris, Sharon White-Ross, James Johnson, Bobby Barker, Cindy Smith, Terrance Dawson, Jamie Ross.



March Birthdays

- 8 - Miriam Russell
- 18 - Debra Dehart
- 18 - Billy Granger
- 18 - Lyle Russell
- 21 - Sadie Kate Scharf
- 22 - Shannon Boyer
- 29 - Sharon Ross White
- 29 - Chellie Wells

March Anniversaries

- 9 - Tommy & Glenda Wells

