

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 are in need of exercise are used; the whole body has a feeling of well-being. In one study, it was found that laughter is linked to 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 natural ensuing laughter that would occur.

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).

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.

6/23/24

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- Paul Simpson **Opening prayer-** Travis Rogers
Communion- Jerry McDonald **Closing Prayer-** Gary Harris
Sermon- Don DeLukie

June 30th

Announcements- Lyle Russell **Opening prayer-** Paul Simpson
Communion- Wayne Fowler **Closing Prayer-** Arthur Binford
Sermon- Don DeLukie

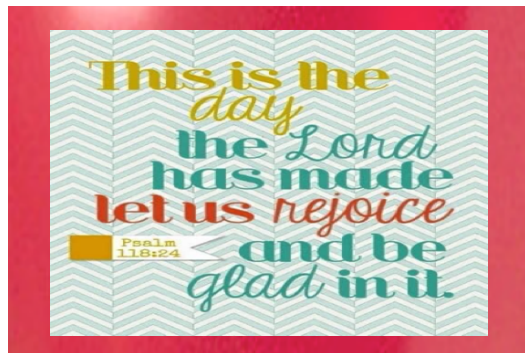
Announcements

—**Gospel Meetings:** Check the bulletin board in the foyer for several upcoming Gospel Meetings happening in our area.

—**Fish Fry:** Our next Fish Fry is scheduled for Saturday, June 29th at 4 PM. There is a sign-up sheet in the kitchen.

—**Question & Answer Series:** Our next Question & Answer Series will be June 30th. Give your questions to Don or bring them with you.

—**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.



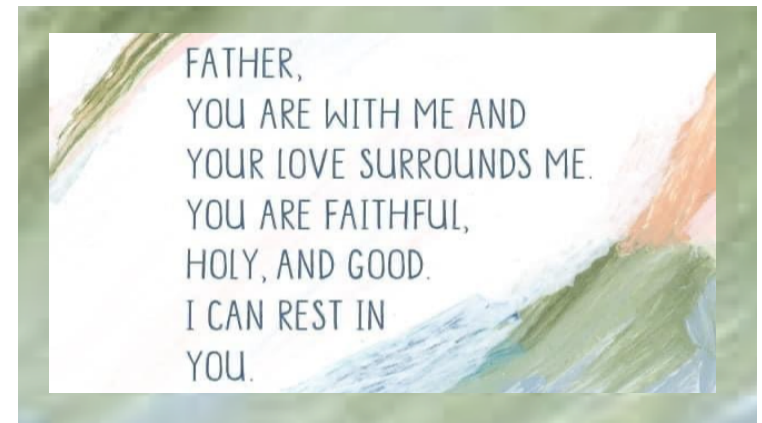
Please Pray For:

Carol Granger, Brigg DeLukie, Charlotte Martin, Kathy Gilbert, Ruth Parks, Michael Grenfell, Junior Looney, Jeanie Hollis Taylor, Carolyn Jones, Tommy Franklin, Phillip Simmons, Ed Haltom, Roger Love, Louvenia Dickson, Shaquita Anderson.

Bereaved: Families of David Reed, Jeanie Hollis Taylor, Robert Chisley, Barbara Traywick, Walt Henson, Nancy Marsh, Trisha Muse, Julie Williams, Ken Green.

Needing Long-Term Prayers:

Arthur Binford, Dan Ross Jr, Ronnie & Dena White, Joanne Randolph, Bettye Flowers, Linda Garris, Sharon White-Ross, James Johnson, Bobby Barker, Ronnie Tatum, Cindy Smith, Renee Gee, Bobby Simmons, Terrance Dawson, Jamie Ross.



June birthdays

10 -Sharon Harris	20 -Debbie Grice
12 -Rachel Rogers	21 -Ashton Richardson
15 -Jesse Sewell	22 -Kara Freeman
16 -Victor Binford	22 -Damien Miller
16 -Janice Hayes	25 -Don Delukie

June Anniversaries

17 -Brandon & Sydney Rogers
28 -Arthur & Cybil Binford

