

Most of us worry more than we laugh. Remember, “A merry heart does good, like medicine.” (Proverbs 17:22) Laughter is God’s medicine. In Luke 6:21, Jesus promised laughter to the weeping. As believers we will enjoy many good laughs in the cheerfulness of Heaven, but don’t wait until then. Cultivate a merry heart now. Instead of focusing on what might be, focus on what will be.

Keep your mind regulated by the reality of God’s eternity. When we focus on life eternal, we diminish the worry of temporal things. Cheerfulness is knowing that God has us in His mighty hands today, and He also has tomorrow under His perfect control.

Luke 6:21 “Blessed are you who weep now, for you shall laugh.”