Women of Africa Care Pty Ltd

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Inspiration brought by Murdel, Carina, Angelina

Episode 38 – Laughter is the best medicine!

a. He that is of a merry heart has a continual feast. — Proverbs 15:15
b. I have not seen anyone dying of laughter, but I know millions who are dying because they are not laughing. – Dr. Madan Kataria
c. Laugh my friend, for laughter ignites a fire within the pit of your belly and awakens your being. —Stella & Blake
d. Laughter is the foundation of reconciliation. — St. Francis de Sales
e. Laughter is the sun that drives winter from the human face. — Victor Hugo
f. Let your heart by merry. — Judges 19:6

be merry."

וְיִיטַב (wə·yi·ṭab)

to be good, be pleasing, be well, be glad,be joyful, 1a2) to be well placed 1a3) to be well for, be well with, to make glad, rejoice to make a thing good or right or beautiful,to do well, do right.

The Joy of the Lord is your foundation to happiness - laughter is provoked by your strength in the Lord!

What does joy actually mean?

◄ 5479. chara ►

Strong's Concordance

chara: joy, delight

Definition: joy, delight, gladness, greatly (1), joy (54), joyful (1), joyfully (1), joyously (1), rejoicing

xará (another feminine noun from the root xar-, "extend favor, lean towards, be favorably disposed") – properly, the awareness (of God's) grace, favor; joy ("grace recognized").

Grace means

◄ 5485. charis ►

Strong's Concordance

charis: grace, kindness

Original Word: χάρις, ιτος, ἡ

Definition: grace, kindness

Usage: (a) grace, as a gift or blessing brought to man by Jesus Christ, (b) favor, (c) gratitude, thanks, (d) a favor, kindness.

blessing (1), concession (1), credit (3), favor (11), gift (1), grace (122), gracious (2), gracious work (3), gratitude (1), thank (3), thankfulness (2), thanks (6).

Nehemiah 8:9-12
And Nehemiah, who was the [a]governor, Ezra the priest and scribe, and the Levites who taught the people said to all the people, “This day is holy to the Lord your God; do not mourn nor weep.” For all the people wept, when they heard the words of the Law.

Then he said to them, “Go your way, eat the fat, drink the sweet, and send portions to those for whom nothing is prepared; for this day is holy to our Lord. Do not sorrow, for the joy of the Lord is your strength.”

So the Levites quieted all the people, saying, “Be still, for the day is holy; do not be grieved.”

And all the people went their way to eat and drink, to send portions and rejoice greatly, because they understood the words that were declared to them.

Isaiah 61:10
I will greatly rejoice in the LORD, my soul shall be joyful in my God; for he hath clothed me with the garments of salvation, he hath covered me with the robe of righteousness, as a bridegroom decketh [himself] with ornaments, and as a bride adorneth [herself] with her jewels.

John 15:10
If ye keep my commandments, ye shall abide in my love; even as I have kept my Father's commandments, and abide in his love. These things have I spoken unto you, that my joy might remain in you, and [that] your joy might be full.

Encouragement to listeners on enjoying the fruit of the spirit “Joy”
When we have joy in a time of great difficulty it is at that time we understand what Jesus has done for us

Habakkuk 3:18
Yet I will rejoice in the LORD, I will joy in the God of my salvation.

Ecclesiastes 10:19
A feast is made for laughter,
And wine makes merry;
But money answers everything.

Job 8:21
He will yet fill your mouth with laughter,
And your lips with rejoicing.