

Smiling is Serious Business!

A happy heart makes the face cheerful, but heartache crushes the spirit. (Proverbs 15)

There are people all over the world dealing with depression—or at least trying to deal with it. There are many underlying causes for depression and a variety of available treatments. Some are effective, but many aren't. Some help temporarily...but can never permanently remove the torment of depression. No one is immune from depression or its crippling effects. People from all walks of life—doctors, lawyers, teachers, housewives, teenagers, small children, the elderly, singles, widows and widowers, and even ministers—suffer from depression.

Many people suffer from depression because they have not learned to deal with the disappointments that are a natural part of everyday life. Everyone on the face of the earth has to deal with disappointment, which, if allowed to persist, can easily lead to depression, despondency, and even despair. In this cycle we can move from sadness to a feeling of hopelessness to a despair and underlying rage that shows itself either in violent action or an attitude of helplessness and giving up on life.

Recognizing the destructive effects of the process, we must understand the importance of dealing successfully with disappointment and depression in the early stages. The good news is that God can help us deal with it and even overcome it if we just ask for His help.

God promises us good every single day of our life.

This is the day which the LORD hath made; we will rejoice and be glad in it. (Psalm 118)

No eye has seen, no ear has heard, no mind has conceived what God has prepared for those who love Him. (1 Cor. 2:9)

God has promised us that whatever is troubling us in life can be brought to Him because God cares for us. God wants to carry our burdens with us and give us peace and rest.

There's an old song, "Put on your happy face". Does it work? If you put on a happy face, will you be more happy. Study after study shows that it's true. If you act happy, you will actually be more happy ... maybe not doubled over with laughter happy, but happier than you were. Why? Social psychologists have proven that the action we choose to take today normally follows our behaviour of yesterday ... our behaviour repeats itself until it becomes a habit. If we make a habit of choosing to be cheerful and grateful, it will soon become a habit.

Also, scientists have learned that most of us unconsciously mimic the facial expressions, posture, and tone of voice of the people around us. If they appear happy, we act happy. Then we are happy too.

It is God's will and plan that we allow the joy that He had put in our heart to show more on our face. God wants us to smile more!" God always starts first. Every day God turns His face towards us and smiles at us with love and joy. Then God invites us to pass it on.

"The Lord bless you and keep you; the Lord make his face shine upon you and be gracious to you; the Lord turn his face toward you and give you peace." (Numbers 6)

Everyone knows how to smile. It's one of the greatest gifts God has given us. A smile makes people feel good, and people look so beautiful when they smile. When the joy in your life is obvious, it rubs off on others. But when you keep God's joy locked inside of you and don't allow it to show on your face, you're depriving those around you of a pleasant and refreshing experience.

Most people really don't understand how expressing joy will change their circumstances...and perhaps the lives of others. Living your life with the "joy of the Lord" will chase off negative, depressing circumstances.

The Lord is my strength and my shield; my heart trusts in him, and I am helped. My heart leaps for joy and I will give thanks to him in song. (Psalm 28)