

Joyful Heart

Happy are those whose transgression is forgiven, whose sin is covered. Happy are those to whom the LORD imputes no iniquity, and in whose spirit there is no deceit. Psalm 32:1–2

Unlike joy that fades with fashion or the weather, the joy of the Lord reflects the understanding and gratitude of being forgiven all of our sins—past, present, and future.

Consider the joy of this reality: You are forgiven. Paul writes that we are “accepted in the Beloved” and stand before God in Christ. What a joy to be counted righteous based on the redemptive work of Jesus the Christ! We can have joyful hearts even as we are unable to comprehend the measure of grace and mercy that claims us for God. What joyous news!

Does godly joy translate into having a good sense of humor? We sure hope so! According to a recent study by cardiologists at the University of Maryland Medical Center in Baltimore, laughter, along with an active sense of humor, may help protect you against a heart attack! This study made a link between having a healthy sense of humor and having a healthy heart. People with heart disease were 40 percent less likely to laugh in a variety of situations compared to people of the same age without heart disease.¹

So, smile—God loves you!

Take a vial of the oil of gladness and lightly anoint your temples or wrists as a reminder of this grace. Let this oil remind you of the oil of gladness that is given to those who love righteousness, hate evil, and have a sense of humor!

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¹ <http://www.umm.edu/features/laughter.htm>