



New Horizons Newsletter

"May the Lord show you His favor and give you peace." (Nu. 6:26)

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Mirthful Laughter Is Good Medicine!

Yes, the word is "mirthful" which means comical, funny, something that provokes laughter like a steady stream of comical events or jokes.

In a study just released, researchers have clinically proven that repetitive laughter has the similar effect on the body as repetitive exercise.¹

According to the article, Laughercise® enhances your mood, decreases stress hormones, enhances immune activity, lowers bad cholesterol and systolic blood pressure, and raises good cholesterol (HDL).

The medical director of the study stated; "We are finally starting to realize that our everyday behaviors and emotions are modulating our bodies in many ways."

Wait just a minute! I think I have heard that before. Let

me see... Oh yes! I read about laughter and joy in the Bible. Thousands of years ago, God inspired men to write down His Words of Truth, Life, and Salvation for all who believe in His only begotten Son, Jesus Christ.

Within these inspired writings were facts about our planet and us. One Biblical Truth is that a cheerful heart is good medicine (Pr 17:22). Now, medical science is agreeing.

Here are some more truths from God (NIV):

- *A happy heart makes the face cheerful. . . Pr 15:13*
- *. . . the cheerful heart has a continual feast 15:15*
- *A cheerful look brings joy to the heart. . . 15:30*
- *. . . can laugh at the days to come 31:25*
- *But may the righteous be glad and rejoice before God; may they be happy and joyful. Ps 68:3*
- *Our mouths were filled with laughter, our tongues with songs of joy. Ps 126:2*
- *When times are good be happy. . . Ec 7:14*

- *For God loves a cheerful giver. 2Co 9:7*
- *Is anyone happy? Let him sing songs of praise. Ja 5:13*
- *Happy is he whose hope is in the Lord his God. Ps 146:5*

Times are not always bad or always good, there is a cycle to life that Scripture addresses by saying there is "...a time to weep and a time to laugh (Ec 3:4) . . . Blessed are you who weep now, for you will laugh. (Lk 6:21) . . . Even in laughter the heart may ache..." (Pr14:13)

When we are full of joy we tend to want others to feel as joyful. So, we tell them what is making us so happy and they share the delight along with us by usually smiling and laughing. In so doing, we are bonding with one another through joy and laughter.

Actually, bonding and intimacy are only what you see happening when your heart is full of joy. On the inside of the body arteries dilate and blood pressure goes down.²

¹ Federation of American Societies for Experimental Biology (2010, April 26). Body's response to repetitive laughter is similar to the effect of repetitive exercise, study finds. *ScienceDaily*. Retrieved April 27, 2010, from <http://www.sciencedaily.com/releases/2010/04/100426113058.htm>

² Brain, Marshall, *How Laughter Works*, Retrieved 5/4/10,

Being in an emotional state of happiness will usually lead to laughter which then influences the body toward good health:

Benefits to the Body

- Strengthens immunity
- Reduces stress hormones
- Decreases chronic pain
- Relaxes muscles
- Deters heart disease
- Increases Brain oxygen

Benefits to the Soul

- Adds joy and excitement
- Reduces fear and anxiety
- Reduces impact of stress
- Brightens mood
- Increases determination
- Clarity in problem solving

Benefits to one's Spirit

- Reduces resistance to God
- Increases spiritual discipline
- Energizes hearing, learning, and obedience to God
- Strengthens vital connection to Holy Spirit
- As our spirit strengthens the spirit grows

Dr. Pierre J. Samaan



Laughter Facts

Did you know that the average human being laughs 17 times a day?³

If you try to tickle yourself to laugh 17 times a day, you will be wasting your time.

Apparently, the brain needs

<http://health.howstuffworks.com/human-nature/emotions/other/laughter.htm>

³ Ibid.

tension and surprise to trigger the tickle response.⁴

"Whoever is happy will make others happy, too." (Ann Frank, *The Diary of a Young Girl*)

"A man is about as happy as he makes up his mind to be." (Abraham Lincoln)

"Happiness is not a destination; it is a manner of traveling. Happiness is not an end in itself. It is a by-product of working, playing, loving and living." (Dr. Haim Ginott)

They Were Supernaturally Joyful

"George Mueller would not preach until his heart was happy in the grace of God; Ian Ruybroeck would not write while his feelings were low, but would retire to a quiet place and wait on God till he felt the spirit of inspiration. It is well known that the elevated spirits of a group of Moravians convinced John Wesley of the reality of their religion, and helped to bring him a short time later to a state of true conversion.

The Christian owes it to the world to be supernaturally joyful."⁵

Shortest Verse In The Bible

"Our attention is often directed to the two shortest verses in the Bible noting that 'Jesus wept' is the shorter of the two. But in the Greek we

find this 'shortest' verse has three words whereas the verse from 1 Thessalonians 5:16 ('Rejoice evermore') has only two. However, one surely can see the lovely connection between the two verses. The Christian's joy flows from the sympathy and grace of their Saviour. Jesus wept - we rejoice evermore."⁶

WE NEED PRAYER PARTNERS

&

FINANCIAL SUPPORTERS

Each year this ministry counsels hundreds of hurting souls. Some may only need a little advice while others require intensive Clinical Christian Counseling.

We need daily prayer partners who will dedicate a moment of each day to pray for the Clinical Christian Counselors and clients.

The need is greater than ever for financial assistance to continue seeing those who are desperate for help. You may not know this, but we do not turn away those who cannot give a donation for their counseling; we do not believe Jesus would either.

But, the fact remains, we have to pay our expenses.

God blessed us with a \$5000 donation last year from Mt. Pleasant United Brethren Church in Chambersberg, PA; Senior Pastor Larry Little. Their mission's donation to this faith based counseling ministry helped us to end the year with expenses paid.

Would you please consider adding us to your budget for giving to this tax exempt counseling ministry?

Credit card donations can be given over the phone or through PayPal on our web page.

⁶ Ibid, p 680, as quoted from Daily Readings

⁴ Retrieved 5/04/10.

<http://health.howstuffworks.com/human-nature/emotions/other/laughter5.htm>

⁵ A.W. Tozer, as quoted in (1991) Encyclopedia of 7700 Illustrations, 12th Edition, Paul Lee Tan, p 679, Bible Communications, Inc., TX.