

Your Neh. 8:10 Defense Against the Attacks of the Enemy

Did you know that a merry heart, a happy heart, heals? Proverbs 17:22 says, "A merry heart does good, like a medicine, but a broken spirit dries the bones." A merry heart, a heart that is filled with gladness and joy is like taking medicine, and it heals the physical body. But an afflicted or wounded spirit causes the physical body to dry up, to wither away or to decay from the inside out.

As we study the Word of God, we see how the spirit, soul and body are intertwined. When the spirit (the eternal being) and soul (the mind and the emotions) are distraught, the physical body suffers. Jesus Christ tells us in John 16:33, "I have told you these things so that in Me you may have peace. In the world you will have tribulation. But be of good cheer. I have overcome the world."

He tells us that in this world, we will face difficult times. We will all experience pressure, anguish, persecution and times of trouble. These difficult times are not designed by God, but are brought upon us by our enemy Satan. As it says in John 10:10a "The thief does not come except to steal and kill and destroy." Our enemy, Satan, is constantly looking for a way to steal, to kill and to destroy us. And these times of tribulation can cause great stress on the physical body and can make us sick.

But despite all of life's tribulation, we can find rest in God's presence and with these words of comfort: "But be of good cheer; I have overcome the world" (John 16:33b). Jesus is telling us to take courage because He conquered and won the victory for us at Calvary. He says in John 10:10b, "I came

that they may have life, and that they may have it more abundantly.”

We can live an abundant life, a life of victory even in the midst of trials by choosing joy. In Nehemiah 8:10, it says that the joy of the Lord is our strength. This joy is our defense against the attacks of the enemy. And every time we choose joy, we are choosing to take a supernatural medicine that heals the physical body. So create a merry heart; choose joy over sorrow; fill your heart with gladness; allow no room for depression; live life and laugh! {eo}

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