

Studies Confirm The Importance This Biblical Principle

Health studies are now confirming the importance of the biblical principle of joy.

Negative events hit life each and every day, which can make it difficult to put a smile on anyone's face. However, studies are now proving that the simple joy of laughter can make a major difference in a person's overall health and wellness.

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The Telegraph reported how Yamagata University in Japan found that laughing can decrease the issue of heart disease, providing the potential for a longer life. In fact, since the findings came out by the university, the Yamagata prefecture passed a law that all people who live in the area must laugh at least one time per day.

Over and over again Scripture speaks to us about the principle of joy that can be found in a relationship with God. Even King David who spent ample amount of time crying out the Lord also took the opportunity to sing praises and dance before the Lord.

Second Samuel 6:14-15 tells us, "David danced before the LORD with all of his might, and he wore a linen ephod. So David and the whole house of Israel escorted the ark of the LORD with shouting and the sound of the horn."

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Laughter and joy rooted in God is something He commands us to do. While it's easy to stay focused on the stressors of life, staying focused on the joy is much more meaningful.

Matthew 6:27 reminds us that we cannot gain extra time here on this earth by worrying about tomorrow.

"Which of you by being anxious can add a single hour to his span of life? (ESV)"



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Proverbs 17:22 says, "A merry heart does good like medicine, but a broken spirit dries the bones."

While we cannot make all the problems of life go away, if we can face the day with a little bit of laughter and joy firmly planted in the Lord, it's possible that our lives won't only be longer, but full of much greater joy.

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