

Revitalize: Good Medicine

“A cheerful heart is good medicine but a crushed spirit dries up the bones.” Proverbs 17:22

Every week in Sunday school with the youth, I ask them to tell the best of their week and the worst of their week. Sometimes I get someone who will say they can't remember or just that it was all good. I think I may change my question to : What made you laugh? After watching Mitch and Pastor John chase a mouse around the office with Styrofoam coffee cups, I have been smiling all week! I have repeatedly told the story, and shared it on my Church Secretaries Facebook group and we have all had a great laugh.

That one short half hour in my week has been very good medicine for me all week. I'm still laughing to myself over it.

Last night I stayed up and watched the Tonight Show just long enough to see a segment that Jimmie Fallon calls 'Superlatives'. He uses pictures of football players (from their trading cards?) and says voted most likely to.... Some of the pictures are not flattering, sort of like DMV photos are not flattering, and they come up with very silly things. Example: One player's head and face looked very square and he was voted most likely to be a Minecraft character. Again I was laughing out loud. Oh, it was good medicine.

It is easy to get in a funk this time of year with our long to-do lists and crazy, off-kilter schedules. So take time to look for things to make you laugh, and share it with as many people as possible.

Nancy