

FAMILY

A cheerful heart is good medicine, but a crushed spirit dries up the ones. *Proverbs 17:22*

The benefit of joyful conversation around the dinner table was observed by C. S. Lewis, who wrote, “The sun looks down on nothing half so good as a household laughing together over a meal.” The wisdom of fostering a joyful heart is found in Proverbs 17:22, where we read, “A cheerful heart is good medicine, but a crushed spirit dries up the bones.” The proverb offers a “prescription” to stimulate health and healing—allowing joy to fill our hearts, a medicine that costs little and yields great results. We all need this biblical prescription. When we bring joy into our conversations, it can put a disagreement into perspective. It can help us to experience peace, even after a stressful test at school or a difficult day at work. Laughter among family and friends can create a safe place where we both know and feel that we’re loved.

By Lisa M. Samra

Draw on the encouragement from Scripture to cultivate a cheerful heart in your life and the lives of your family.

Pray these words or others as you are led:

Almighty God,

Thank You for the gift of families! We especially need a cheerful heart as we journey through each day. We pray for peace and joy to fill our homes and relationships. We pray for Your help to honor You in all our relationships in our family. We ask Your blessing on our families.

Thy will be done. In Jesus’ name.

Amen.