

Laughter and Joy

Written by Dr. John E. Russell Sr - Last Updated Thursday, 23 June 2016 21:55

A cheerful heart is good medicine. Proverb 17:22a, NIV

Laughter is good medicine and I hope that you took a large dose in this electronic jokebook. However, laughter is brief and transitory. It also depends on circumstances.

Happiness is good also. However, it is elusive and can be lost like a little child loses a toy. Sadness and sorrow can steal our happiness. Pain and loss can dispell happiness like turning a light off in a room.

There is something better and it cannot be lost. Like a still river, it runs deep. Bad circumstances or sorrow do not overcome it. It is joy.

Joy is a gift from God. Human beings do not possess it naturally. It is God's gift to all who will receive it. Joy is the concomitant of the Holy Spirit—it exists in the human heart when the Holy Spirit lives there.

When we accept Christ as our Savior, the Holy Spirit makes his home in our hearts. He brings God's healing love, hope and joy:

And hope does not disappoint us, because God has poured out his love into our hearts by the Holy Spirit, whom he has given us.

Romans 5:5, NIV

So is my word that goes out from my mouth: It will not return to me empty, but will accomplish what I desire and achieve the purpose for which I sent it. You will go out in joy and be led forth in peace; the mountains and hills will burst into song before you, and all the trees of the field will clap their hands.

Isaiah 55:11-12, NIV

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.

Galatians 5:22-23, NIV

For the kingdom of God is not a matter of eating and drinking, but of righteousness, peace and joy in the Holy Spirit.

Romans 14:17, NIV

How does one exchange sadness for joy? Click on "[How to Receive the Gift of Joy.](#)"

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This serious chapter is from my ebook, *They All Laughed at Me When I Said That I Was Going to Write A Joke Book*.

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