

THE BENEFITS OF A MERRY HEART

Solomon wrote; “A merry heart doeth good like a medicine: but a broken spirit drieth the bones” (Pro. 17:22). These words, along with many others found within the pages of God’s Word, inform us of the benefits of a merry heart. Although there are times of sadness, sickness, and sorrow, God does not intend for us to live a life of gloom and doom. This does not imply that we minimize life’s sorrows, but that a Christian, through the strength of God, has the ability to rise above life’s discouragements.

Perhaps you know of someone who battles sickness and discouraging factors seemingly every day, yet has a cheerful disposition. Such people, although have reason to be discouraged and pessimistic, seem to have a cheerful outlook on life. On the other hand, perhaps, you have seen others who, although have many things over which to be happy, never seem to have a cheerful day. In fact, they seem to enjoy their sorrow! Some people you don’t ask how they are doing, unless you have all day for the answer! Some people are a joy to be around because of their optimistic outlook on life, while others are avoided because of their continual pessimism. “One sickly man said, ‘I always expect the worst and I have never been disappointed yet.’”¹

Someone has observed, “You are not what you think you are, but you are what you think.” This adage contains a lot of truth. To a large degree, people are cheerful or sad as a way of life, because they chose such. Solomon observed; “As he thinketh in his heart so is he...” (Pro. 23:7). Likewise he stated; “Keep thy heart with all diligence; for out of it are the issues of life” (Pro. 4:23). These passages emphasize the importance of proper thinking.

MIND AND BODY – THINKING AND GOOD HEALTH

It should be no surprise to us that the way a person thinks **directly** affects the organs of the body. Tell someone that he is to speak in a public setting and his heart rate and adrenalin can increase. Just the mere thinking of him speaking publically creates psychological and physiological effects within his body! Some people literally get sick due to the fear of public speaking. Their thinking (mind) has affected their body (health). Again, if someone becomes embarrassed his face may turn red. Why is this? His thinking has created an physiological effect on his blood vessels that causes his face to blush. Dr. McMillen writes:

With each passing year, we obtain a wider comprehension of the ability of the mind (*psche*) to produce varied disturbances of the body (*soma*): hence the term *psychosomatic*. Invisible emotional tension in the mind can produce striking visible changes in the body, changes that can become serious and fatal. This concept should give us a new perspective on conditions that are often contemptuously referred to “being in the head.” Obviously various conditions as vomiting, diarrhea, asthma and

arthritis are “not in the head”; yet these and scores of other serious diseases are triggered or aggravated by tension in the mind. A large percentage of most physicians’ practices are made up of patients whose illnesses are directly or indirectly the result of emotional stress.... Stress often reduces a person’s ability to fight off infections.... The brain, where all the emotional stress is processed, is the control center of the entire body. From the brain millions of nerve fibers course out to every organ in the body. Chemical released from these nerve fibers control or influence every chemical reaction in every organ of the body. Because our health is dependent on the proper balance of all these chemical reactions, it is no wonder that emotional upset in our brains can disrupt chemical reactions in a far-removed organ and cause disease.²

With the above in mind, it is easy to see how anxiety (worry) and stress can affect the body’s well being. Among the things that Dr. McMillen list that are caused or affected by stress include; disorders of the digestive system, disorders of the circulatory system, disorders of the genito-urinary system, disorders of the nervous system, disorder of glands, allergic disorders, muscle-joint disorders, infections, inflammatory and skin diseases, nutritional and drug disorders and cancer.³ This is not to say that every sickness or illness is the result of faulty thinking. One’s genetics and contact with disease, bacteria, accidents, etc. obviously have a bearings on one’s health.

There are going to be times of stress and sadness in our lives. Right thinking does not keep “bad things” from happening to us. However, right thinking does help us cope with the tragedies that come into our lives. One must keep in mind that even Jesus wept (John 11:30). Jesus could be moved to tears. On occasions, He even got angry and was grieved (Mark 3:5). God, the Father, the Son and the Holy Spirit can be grieved (Gen. 6:6, Mark 3:5, Eph. 4:30). There will be times when we too are grieved due to various circumstances in life. One should not feel guilty when these feelings arise, as they are normal for us and God!

Solomon, after going through the laboratory of life, he, by inspiration, wrote;

To every thing there is a season, and a time to every purpose under the heaven: A time to be born, and a time to die; a time to plant, and a time to pluck up that which is planted; A time to kill, and a time to heal; a time to break down, and a time to build up; A time to weep, and a time to laugh; a time to mourn, and a time to dance; A time to cast away stones, and a time to gather stones together; a time to embrace, and a time to refrain from embracing; A time to get, and a time to lose; a time to keep, and a time to cast away; A time to rend, and a time to sew; a time to keep silence, and a time to speak; A time to love, and a time to hate; a time of war, and a time of peace (Ecc. 3:1-8).

Among other things, Solomon observed there is a **time to weep and a time to**

laugh. Leroy Brownlow observed; “Being endowed by the Creator to live life realistically, we were also given the fatiguing emotions of fear, anger, anxiety and sorrow.”⁴ All of our emotions have their proper place. However, these negative emotions should not dominate our life, especially to the point of mental or physical illness. Again, God does not expect us to live a life of doom and gloom. Jesus came to give us an abundant life, not one that is full of despair and depression – “The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have it more abundantly” (John 10:10). Even in a world where there is tribulation, we can still be of good cheer. Jesus instructed – “These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world” (John 16:33).

THE BENEFITS OF A MERRY HEART

Just as stress, anxiety, fear, etc. have adverse effects on the body, so does a merry heart have good effects on the body. What are some of the benefits of a merry heart?

It is like a medicine. “A merry heart doeth good like a medicine: but a broken spirit drieth the bones” (Pro. 17:22). Here the Bible declares that medicines are good. No where in the Word of God does it teach that a Christian should avoid legal medications that are taken for medicinal purposes. In fact, the very opposite is taught (cf . Mat. 9:12). A merry heart does good like a medicine. It is a good prevention for illness. Medicines sometimes treat only the symptoms while a merry heart may prevent the illness from ever occurring.

A content and pleasant disposition protects one against disease; for the mind has a powerful influence over the body. If there are non-physical factors which cause disease, then there must be non-physical factors to cure it. The merry heart is the life of a man and prolongation of his days. Inasmuch as the whole man is involved in the prevention and cure of illness, then the emotions are included, too — and more and more this is being appreciated.⁵

Aspirin may relieve a headache, but a merry heart, which reduces stress, may prevent it from ever occurring. Some time ago, a “Real Age Benefit” came through the email with the following tidbit of information:

Keep illness away this fall by fostering a positive frame of mind. Research shows that dwelling on distressing events can affect your immune system. In a study, people who wrote about negative experiences created fewer antibodies when given a flu vaccine, compared to people who wrote about positive experiences. Real Age Benefit: Protecting your immune system can make your RealAge as much as 6 years younger.

Both, revelation (the Word of God), and science teach us that a merry heart is good for one physically.

It produces a cheerful countenance: “A merry heart maketh a cheerful countenance: but by sorrow of the heart the spirit is broken” (Pro. 15:33). Many times a person’s face and demeanor reflect what is in the heart. If a person is troubled or afflicted in spirit it can be seen in his facial expression. “There is a sympathy between the body and the mind, so that a happy mind is reflected in the happy expression of countenance.”⁶

It helps one enjoy life: “All the days of the afflicted are evil: but he that is of a merry heart hath a continual feast” (Pro. 15:15). The idea expressed in the phrase “continual feast” is continual joy and happiness. The man who has a “merry heart” is one who enjoys life. It has been observed that “Joy and contentments within dispel outward sorrows, poverty, etc.”⁷ Man is ever in pursuit of joy and happiness. One needs to see where real joy and contentment are found. Many look for happiness in material wealth and in “things.” Jesus has warned that a man’s life does not consist in the abundance of things that he possesses (cf. Luke 12:15). Ultimately “things” do not satisfy. Things that appeal to us today because of their “newness,” soon fade away and lose their appeal. People may have millions of dollars and still not be happy. Solomon instructs;

Go thy way, eat thy bread with joy, and drink thy wine with a **merry heart**; for God now accepteth thy works. Let thy garments be always white; and let thy head lack no ointment. Live joyfully with the wife whom thou lovest all the days of the life of thy vanity, which he hath given thee under the sun, all the days of thy vanity: for that is thy portion in this life, and in thy labour which thou takest under the sun. Whatsoever thy hand findeth to do, do it with thy might; for there is no work, nor device, nor knowledge, nor wisdom, in the grave, whither thou goest (Ecc. 9:7-10).

It makes one more enjoyable: A person who has a merry heart is much more enjoyable socially than one who constantly has a “poor me” attitude. We should sympathize with those who are in grief and or pain. All of us need the encouragement of one another. This is what is so great about being Christians. Christians are people who are genuinely interested in the welfare of others. Paul says; “Rejoice with them that do rejoice, and weep with them that weep” (Rom. 12:15). There are many passage that inform us to help those who are in need whether it be physically, spiritually or emotionally.

However, some people seem to think that all of the sympathy and encouragement are a one way street — toward them! They seem to always be looking for the sympathy of others rather than seeking to help others. Their sicknesses and their adversities seem to be worse than anyone’s. If you don’t think so, just ask them! Personally, I have known of one to whom if people said, “you are looking good today,” she would reply “they don’t believe I am sick.”

It is sad that some seem to go through most of their life decrying just how “bad” their life is! No one enjoys being in the company of one who possesses such a constant negative disposition of life. Remember, God condemns those who murmur (1 Cor. 10:10). Jesus was One Who suffered tremendously. He knew of the rejection and suffering that lay ahead for Him, yet He never complained. He did pray about His suffering, but he never became embittered! Interestingly, He even gave thanks for the bread and the fruit of the vine, which represents His body and blood, **on the very night he was betrayed**. Paul records:

For I have received of the Lord that which also I delivered unto you, That the Lord Jesus the same night in which he was betrayed took bread: And when he had given thanks, he brake it, and said, Take, eat: this is my body, which is broken for you: this do in remembrance of me. After the same manner also he took the cup, when he had supped, saying, This cup is the new testament in my blood: this do ye, as oft as ye drink it, in remembrance of me (1 Cor. 11:23 - 25).

While on the cross, Jesus endured the pain knowing of the joy which lay ahead. The Hebrews’ exhorted; “Looking unto Jesus the author and finisher of our faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God” (Heb. 12:2).

It demonstrates trust in God: When Paul and Silas were cast into the “inner prison” with their feet made fast in stocks, after having been beaten, they “sang praises unto God (Acts 16:24-25). Later, the very jailor who was given charge of them, was converted to Christ! What if Paul and Silas had murmured and complained about how bad things were and why God was allowing this to happen to them!? Would the Philippian jailor have had a different response? We do not know for sure, but it is very likely that Paul’s and Silas’s merry hearts help to demonstrate their confidence in God, which could have greatly influenced the jailor on this occasion. Jesus said;

Ye are the salt of the earth: but if the salt have lost his savour, wherewith shall it be salted? it is thenceforth good for nothing, but to be cast out, and to be trodden under foot of men. Ye are the light of the world. A city that is set on an hill cannot be hid. Neither do men light a candle, and put it under a bushel, but on a candlestick; and it giveth light unto all that are in the house. Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven (Mat. 5:14-16).

Christians are to have a positive influence for good on the world. This can hardly be accomplished if we do not demonstrate trust in God. This demonstration of trust should not be a facade, but genuine. Jesus has assured us of a Father in heaven who watches over, protects and cares for His children.

No man can serve two masters: for either he will hate the one, and love the other; or else he will hold to the one, and despise the other. Ye cannot serve God and mammon. Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment? Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns; yet your heavenly Father feedeth them. Are ye not much better than they? Which of you by taking thought can add one cubit unto his stature? And why take ye thought for raiment? Consider the lilies of the field, how they grow; they toil not, neither do they spin: And yet I say unto you, That even Solomon in all his glory was not arrayed like one of these. Wherefore, if God so clothe the grass of the field, which to day is, and to morrow is cast into the oven, shall he not much more clothe you, O ye of little faith? Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed?(For after all these things do the Gentiles seek:) for your heavenly Father knoweth that ye have need of all these things. But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you. Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof (Mat. 6:25-34).

God, our heavenly Father, provides for us. We have reason to rejoice even in adverse circumstances in life. Paul, while being held as a prisoner, wrote;

Rejoice in the Lord always: and again I say, Rejoice. Let your moderation be known unto all men. The Lord is at hand. Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus (Philippians 4:4-7).

CULTIVATING A MERRY HEART

Most people desire to be happy. Psychologists are forever busy with people who seek solutions to problems and how to be happy and contented in life. Since there are great benefits to a merry heart, how does one cultivate such? Some people by nature seem to have more of a happy countenance than others. Some may have to work harder than others to achieve a merry heart. No doubt, both nature and nurture play a role in achieving a "merry heart." God wants every child of His to have the abundant life. Since God is our creator, and knows His creation, the contented life is attainable by all. This is a learned feature. Paul stated; "...for I have learned, in whatsoever state I am, therewith to be content (Phi. 4:13). How do we cultivate a merry heart?

Replace Fear with Faith: Fear can, and often does, rob us of a merry heart. One can go through life “fearing the worse.” Such an one is never really happy, fearing what lies around the corner. He knows that something bad is going to happen!

God does not want us to be fearful. In fact, He wants us to be courageous and serve Him in confidence. Did you know that “fear” is sin and will cost some their souls? John wrote; “But the fearful, and unbelieving, and the abominable, and murderers, and whoremongers, and sorcerers, and idolaters, and all liars, shall have their part in the lake which burneth with fire and brimstone: which is the second death” (Rev. 21:8). The fear that is described in this passage is the fear that keeps one from doing the will of God. It is not describing the caution that one may possess (i.e. the fear or caution one may have picking up a rattlesnake).

When a storm arose and the disciples asked Jesus, “carest thou not that we perish,” Jesus replied; “Why are ye so fearful, how is it that ye have no faith” (Mark 4:39-40). Jesus shows that the antidote to fear is faith.

God commanded Joshua to have courage.

Be strong and of a good courage: for unto this people shalt thou divide for an inheritance the land, which I swore unto their fathers to give them. Only be thou strong and very courageous, that thou mayest observe to do according to all the law, which Moses my servant commanded thee: turn not from it to the right hand or to the left, that thou mayest prosper whithersoever thou goest (Jos. 1:6-7).

Christians must have faith in God in order to please Him. “But without faith it is impossible to please him: for he that cometh to God must believe that he is, and that he is a rewarder of them that diligently seek him” (Heb. 11:6). When sickness, sadness and sorrow come our way, we should keep faith in God as we face these trials. David said; “I had fainted, unless I had believed to see the goodness of the LORD in the land of the living” (Psa. 27:13).

Develop A Sense of Humor: If laughter is good for the well being of mankind, then he must be able to have a sense of humor to benefit from such. This is not remotely to suggest that one should not have a serious nature and that all of life is to be handled “as a joke.” There are many things that happen in life that are no laughing matter! However, one can also go through life so “stiff” that he can’t seem to find laughter or merriment in anything!

Who doesn’t have a smile come on his face when he reads Elijah’s confrontation with the false prophets of Baal on Mount Carmel? Elijah must have had a sense of humor when he mocked the false prophets. The Bible states; “And it came to pass at noon, that Elijah mocked them, and said, Cry aloud: for he is a god; either he is talking, or he is pursuing, or he is in a journey, or peradventure he sleepeth, and must be

awaked" (I Kings 18:27). Elijah uses irony, if not outright sarcasm, against the false teachers of his day. Job must have had a sense of humor as he stated to his so-called friends; "No doubt but ye are the people, and wisdom shall die with you" (Job 12:2). He, of course, wasn't trying to "be funny" but he did use irony to tell them that they are not as smart as they think!

How dull life would be if there could not be a place for levity. Sometimes, we do not need to take circumstances of life too seriously.

Have An Optimistic Outlook: Optimism is a word closely related to faith. It is a strong faith in God that will cause us to be optimistic. The Oxford dictionary defines "optimism" as "hopefulness and confidence about the future or success of something."⁸ Christians have every reason to be optimistic. The Bible reveals the final outcome for the faithful child of God. Heaven is described as the eternal home of the faithful. We have a God who loves us and hears our prayers. He desires our best. Paul, though persecuted for the Gospel's sake, confidently stated; "I can do all things through Christ which strengtheneth me" (Phi. 4:13).

Don't Be Selfish: Some of the most miserable people are those who think mainly of themselves. These seek to be served rather than serving others. These must have their way rather than thinking of the good of others. If we are to be a happy people we must learn to get out of ourselves. Paul wrote;

Let nothing be done through strife or vainglory; but in lowliness of mind let each esteem other better than themselves. Look not every man on his own things, but every man also on the things of others. Let this mind be in you, which was also in Christ Jesus: Who, being in the form of God, thought it not robbery to be equal with God: But made himself of no reputation, and took upon him the form of a servant, and was made in the likeness of men: And being found in fashion as a man, he humbled himself, and became obedient unto death, even the death of the cross (Philippians 2:5-8).

Obviously, Jesus Christ was not thinking of Himself when He sacrificially left heaven and submitted Himself to the abuses of men. He did this for the good of fallen man (Rom. 5:6-8). In the verses quoted above, God instructs us to look on the things of others, not our own. We should be longsuffering, forgiving, kind and pray for others. Jesus teaches us that if we want to find life, we must lose it. He said; "He that findeth his life shall lose it: and he that loseth his life for my sake shall find it" (Mat. 10:39).

Overcome Worry and Insecurity, with Trust and Confidence: Worry and insecurity rob us of joy and happiness, if we allow such. Jesus taught us not to worry by illustrating that God takes care of the flowers and birds and that we are of much more value than they (Mat. 6:25-26). He teaches that we cannot grow any taller by worry (Mat. 6:27). There are some things about us over which we have no control and we

cannot change, consequently we must accept these and be content. While we can learn from others whom we admire, we can never be that person. At best we could only come in second. Therefore we should be the best that we can be!

Jesus has promised us security in Him. He gives us assurance by saying; My sheep hear my voice, and I know them, and they follow me: And I give unto them eternal life; and they shall never perish, neither shall any man pluck them out of my hand. My Father, which gave them me, is greater than all; and no man is able to pluck them out of my Father's hand. I and my Father are one (John 10:27-30).

The Lord is our Shepherd. Consequently, we have nothing to fear (cf. Psa. 23).

Replace Enmity With Peace: A troubled heart needs peace. We should be at peace with God, with ourselves and if possible with our fellow man. Peace with God comes through the atoning blood of Jesus when we are baptized into Christ for the remission of our sins (Acts 2:38, Rom. 5:1). This reconciliation is in the “one body,” the church (Eph. 2:16, 1:22-23).

Peace with ourselves is when we learn to trust God, forgive ourselves and serve God faithfully. Peace with our fellow man is achieved by one another's acts of kindness, forgiveness and longsuffering. Paul wrote; “If it be possible, as much as lieth in you, live peaceably with all men” (Rom. 12:18).

If you would have enjoyable days, seek peace. “For he that will love life, and see good days, let him refrain his tongue from evil, and his lips that they speak no guile: Let him eschew evil, and do good; let him seek peace, and ensue it” (I Peter 3:10-11).

Become A Child of God: It is important that God is our Father. A good father ,among other things, is one who provides and protects his children. He will give a sense of security to his children. God, the Heavenly Father, offers such to His spiritual children. Jesus stated: “Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you: For every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened. Or what man is there of you, whom if his son ask bread, will he give him a stone? Or if he ask a fish, will he give him a serpent? If ye then, being evil, know how to give good gifts unto your children, how much more shall your Father which is in heaven give good things to them that ask him? Therefore all things whatsoever ye would that men should do to you, do ye even so to them: for this is the law and the prophets (Mat. 7:7-12). The apostle Paul always demonstrated great faith in God. He from a Roman prison cell wrote to Christians in Philippi **encouraging them to “rejoice in the Lord alway, and again I say rejoice”** (Phil. 4:4). Although Paul was in a situation where he might need encouragement, contrastingly, he encourages others! We need a faith that will cause us to sing, even if we are in a dungeon.

How does one become a child of God? The first step in coming to God is that one must **hear** the Word of God. Paul wrote: "So then faith cometh by hearing, and hearing by the word of God" (Rom. 10:17). After hearing the Word, one must **believe** that Jesus Christ is the Son of God. Jesus stated; "I said therefore unto you, that ye shall die in your sins: for if ye believe not that I am he, ye shall die in your sins" (John 8:24). The next thing one is to do is confess that Jesus is the Son of God. Paul wrote; "That if thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised him from the dead, thou shalt be saved. For with the heart man believeth unto righteousness; and with the mouth confession is made unto salvation" (Rom. 10:9-10). One may read an inspired example of this confession in Acts 8. Luke records; "And Philip said, If thou believest with all thine heart, thou mayest. And he answered and said, **I believe that Jesus Christ is the Son of God**" (Acts 8:37). The last step in becoming a child of God, is one must be **immersed in water for the remissions of sins**. When Peter was asked what to do to be saved, he, by the inspiration of the Holy Spirit, stated; "Then Peter said unto them, Repent, and **be baptized** every one of you in the name of Jesus Christ for the remission of sins, and ye shall receive the gift of the Holy Ghost" (Acts 2:38).

When one hears, believes, repents, confesses his faith in Christ, and is immersed in water for the remission of sins, the Lord adds him to His church (Acts 2:47). After becoming a child of God, he has all spiritual blessings in Christ – "Blessed be the God and Father of our Lord Jesus Christ, who hath blessed us with all spiritual blessings in heavenly places in Christ" (Eph. 1:3). He has a Father who loves him and gives him hope and reasons to rejoice.

SOME DANGERS TO AVOID IN SEEKING A MERRY HEART

There are dangers in seeking a merry heart which should be avoided. One such danger is that not every thing that makes the heart merry is good for one spiritually. The Word of God condemns drunkenness, yet Nabal made his heart merry by intoxication (1 Sam. 25:36). Sinful avenues are not to be used to make one's heart merry.

Another danger to avoid is seeking pleasure as one's primary goal. Man's purpose in life is to glory God (Ecc. 12:13). The pleasures of this life can actually steal one's heart away from God. Jesus illustrated this in His teaching on the parable of the sower. He stated; "And that which fell among thorns are they, which, when they have heard, go forth, and are choked with cares and riches and pleasures of this life, and bring no fruit to perfection" (Luke 8:14).

Some think that the way to make the heart merry in worship to God is by using gimmickery in service to God. Many materials are advertized on websites to make worship and service to God more "fun." Such could actually turn reverent worship of God into a "holy circus."

Some use "happiness" as a justification for their sins. They reason, "God does not want me to be unhappy. And since living this lifestyle makes me happy, God wants

me to live this way.” Such has close ties with the false philosophy “hedonism.” This person assumes that whatever gives one the most pleasure is the right thing for him to do. This, of course, replaces the objective standard, the Word of God, with a subjective philosophy. God’s Word is our standard and not the desires of man (2 Tim. 3:16-17, John 12:48).

CONCLUSION

There are many benefits, both spiritually and physically, to a merry heart. Solomon says it this way:

A merry heart maketh a cheerful countenance: but by sorrow of the heart the spirit is broken (Pro.15:13).

All the days of the afflicted are evil: but he that is of a merry heart hath a continual feast (Pro. 15:15).

A merry heart doeth good like a medicine: but a broken spirit drieth the bones. (Pro. 17:22).

Go thy way, eat thy bread with joy, and drink thy wine with a merry heart; for God now accepteth thy works. (Ecc. 9:7).

If the merry heart, described in the Word of God, is within our reach, why not seek it? The one that does so, will be glad he did.

Billy Bland

ENDNOTES

1. Leroy Brownlow, *Better Than Medicine*, (Fort Worth, TX, Brownlow Publishing CO, 1967), P. 52

2. S.I. McMillen, MD., *None Of These Diseases*, (New Jersey, Old Tappan, Fleming H. Revell CO, 1984), PP 98,99

3. Ibid, pp 101-103

4. Brownlow, P 15

5. Ibid, PP 11,12

6. Jamieson, Fausset, and Brown Commentary, Electronic Database. Copyright (c) 1997 by Biblesoft

7. Ibid

8. Oxford Dictionary, University Press, WordPerfect