

Embrace
Holy
Living

RE- FLECTING GOD

08/14/14 - Yet God Will...

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Job 8:1-22

Scientists tell us that in the process of laughing, endorphins are released. Endorphins are chemicals produced in the body which can ease pain and produce a sense of pleasure and well-being. Endorphins are believed to help promote healing and maintain health.

God's word tells us, "A cheerful heart is good medicine" (Proverbs 17:22a). What took many years for scientists to discover, God knew from the beginning. When we are under stress and carrying heavy burdens, the medicine of laughter helps us bear the heavy load.

Job's friend Bildad apparently was a person who was "never wrong"; at least in his mind. Bildad was convinced Job needed to confess his faults to God. Job's refusal to acknowledge his sins, Bildad believed, proved that he was deserving of punishment. Bildad's logic was irrefutable, but his knowledge was incomplete. Nevertheless, Bildad had uncontested optimism for Job's future.

Have you felt far away from God? Does there seem to be no joy or laughter? Let God have His way in your life today. He will bring you joy, laughter and peace of mind.

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