

THE THINGS OF THE SPIRIT

A Merry Heart Does Good

I. The Holy Spirit moves in joy (Ac2,13:52,Rm14:17) to do good and heal-Joy serves a greater purpose than getting us to act goofy or affecting us emotionally

- A. He does good and heals-Ac10:38-Anointed Jesus...with the Holy Ghost and with power: who went about DOING GOOD (worker of well/prosper), and HEALING (cure) all that were oppressed (exercise dominion) of the devil
- B. Joy does good and heals-Pr17:22-Merry heart DOES GOOD like a MEDICINE [Merry-Joyful-Does good-Make well, success-Medicine-Cure (remedy, remove evil, restore to good state)-AH-Lifting high, lift out, lifting of illness
- C. The joy of The Lord does all kinds of good and it's work is supernatural -So often the remedy/cure for so many situations is joy; Joy does good in any situation; We've watered it down into something emotional

KM-Healing school laugh

II. The Holy Spirit moves in joy to strengthen-Ne8:10-Joy of the Lord is your strength-Pr15:13-Sorrow of the heart the spirit is broken (crush by beating)-Pr12:25-WY-Mourning in the heart of a righteous person...make him weak-Ps119:28-TP-Lifes strength melts away from grief/sadness-NRV-Sadness has worn me out

- A. Acknowledge dangers of sorrow-Watered down to something emotional-2Co7:10
- B. Sorrow is at the doorstep of defeat because it weakens-Pr18:14-AC-Strong spirit of a man sustains him in bodily pain or trouble-MS-A healthy spirit conquers adversity but what can you do when the spirit is crushed-Pr24:10-If you faint in the day of adversity thy strength is small
- C. He moves in joy to quicken/refresh-This world is a dark place, it's easy to become tired/disenchanted/weak; Many do and quit-Ep3:16-Ps23:4-Ac3:19-Times of refreshing shall come from the presence (Ps16:11) of the Lord

III. The Holy Spirit moves in joy to help in times of adversity-Js1:2-Count it all joy when ye fall into divers temptations (various kinds of adversity)-

- A. Joy is the answer to all kinds of adversity-Turn-around began with joy-Hb3:18-I will rejoice in the Lord, I will joy in the God of my salvation-1Sm30:6-David was greatly distressed...encouraged himself in the Lord-1Sm1:18-Went her way and did eat and her countenance was no more sad
- B. Joy is the first blade of faith and faith is the victory-Rm15:13-1Jn5:4

Stopped being bad when she stopped being sad

IV. The Holy Spirit moves in joy to bring healing

- A. Spiritual healing-Various inner wounds can be healed through joy-Pr15:13-By sorrow of the heart the spirit is broken (wounded)-Is61:1-Spirit of the Lord is upon me...sent me to bind up the brokenhearted (broke inner-man)...²comfort all that mourn ³...to give unto them...the oil of joy for mourning...(Ointment-Substance rubbed on for medicinal purposes)- **Note #3**
- B. Physical healing-Pr17:22-Merry heart does good like a medicine but a broken spirit (GW-Depression) dries the bones-GN-Being cheerful keeps you healthy. It is slow death to be gloomy all the time-Medicine-(W18-Substance for curing disease)- **Note #1 & #2**

V. Whatever it is rub some joy on it-It's medicine, so joy first healing second

HEALTH NOTES

- **Health note #1**-Stress drying the bones-When stress becomes chronic our diet cannot replace the calcium depletion fast enough so our bones are constantly being leached of calcium leading to potentially more porous bones, brittle bones and osteoporosis
- **Health note #2-Healing laughter**
 - 1.Laughter lowers level of stress hormone cortisol and protects us from the damaging effects of stress-Stress triggers inflammatory activity. 50% of all deaths worldwide are attributed to chronic inflammatory diseases including cancer, cardiovascular disease, dementia, stroke, diabetes. Our immune system sends out inflammatory cells and substances when there is infection or injury in the body to jumpstart the healing process. Chronic inflammation is when the body continues to send these out when there is no infection or injury.
 - 2.Laughter boosts the immune system-It increases the antibody immunoglobulin A, which protects against bacteria, viruses. It increases natural killer cells that attack virus and tumor cells. It activates T-cells, which help protect body from infection and fight cancer. It improves your resistance to disease.
 - 3.Laughter regulates blood pressure-It decreases resting blood pressure reducing risks for heart disease and heart attack. There is an inverse association between coronary heart disease and propensity to laugh so laughing more means lower heart attack risk.
 - 4.Laughter helps improve brain function-Increase of oxygen from laughter helps improve brain function, Including memory
 - 5.Laughing releases dopamine, oxytocin and endorphins into the blood stream-Dopamine feel good hormone and it helps you feel happy, motivated, alert and focused; Endorphins-The body's natural pain reliever-They are released and relieve pain; Oxytocin-Induce anti-stress-like effects such as reduction of blood pressure and cortisol levels. It increases pain thresholds and it promotes growth and healing.
 - 6.Other notes. Increases pain tolerance, decreases pain, lowers blood sugar, improved symptoms for people with Parkinson's, decreased inflammation in rheumatoid arthritis
 - Health note on laughing-Laughing engages the diaphragm which is where our vagus nerve sits. The vagus nerve activates your parasympathetic nervous system (the brake), the "rest, digest, restore" part of your nervous system and essentially, you're telling your body to relax. It counteracts the chronic stress response. Laughing swaps the cortisol in our blood stream with dopamine, oxytocin and endorphins.
- **Health Note #3**-In people experiencing depression the neurotransmitters in the brain, such as norepinephrine, dopamine, and serotonin, are reduced. Laughter can alter dopamine and serotonin activity. Furthermore, endorphins produced by laughter can help when people are uncomfortable or in a depressed mood