

**5 Minutes on Faith**  
**Finish Strong in 2024 - Day 20**  
**Episode #168**

Monday, December 23, 2024

**Merry Heart, Strong Start!**

Research shows there's a significant difference between how often children and adults laugh: Children typically laugh 300-400 times per day. **Adults laugh only 15-20 times per day on average.**

Interestingly, research has shown that laughter: Reduces stress hormones, increases immune cells and infection-fighting antibodies, triggers the release of endorphins, can help protect against heart disease and burn some calories

**Norman Cousins: “*Anatomy of an Illness*” 1964 was diagnosed with degenerative spinal disease, checked out of hospital, checked into a hotel and watched Marx Brothers and Candid Camera episodes etc. 10 minutes of belly laugh gave him about 2 hours of pain-free sleep. He became Professor at UCLA School of Medicine and researched biochemistry of human emotions. He died in 1990 at age 75.**

**Proverbs 15:13 “A joyful heart makes a cheerful face, but with heartache comes depression.”**

**Proverbs 17:22 “A merry heart doeth good like a medicine: but a broken spirit dries the bones.”**

**LET THE JOY OF THE LORD BE YOUR STRENGTH!**

**Nehemiah 8:10**

'Go and enjoy choice food and sweet drinks and send some to those who have nothing prepared. This day is holy to our Lord. Do not grieve, for the joy of the Lord is your strength.'"