

SMILE!

Smiling changes your brain. Every time you smile you charge your brain with more endorphins. What are endorphins? They are happiness polypeptides, amino acids.

Most people know that eating chocolate makes you feel better; it injects more endorphins into your brain. Forget the candy bar. Invest in a smile. It's worth fifteen chocolate bars.

Research shows that people who smile a lot live healthier and longer lives. When others see you smiling they judge you to be more confident and successful than those who don't smile.

Smiling is your silent way of telling everybody that whatever hurricanes are brewing, whoever is president or prime minister, Christ rules, Christ is in control, and you're happy. Smiling is the badge of Christians, those who want nothing better than to love God and their neighbor.

Smile when you roll out of bed; the world will look better. Smile at your wife and your mother. Smile at your brother and your sister. Look them in the eye and smile; you're telling them you're glad to see them.

Smile at people in Wal-Mart. That sour-faced overweight woman in sweat pants could use a little joy in her life; give her a warm smile. Put a little light in her life. She's your neighbor. God made her in His image, so be a blessing to her.

This starts a series of comments on courtesy. Stay tuned. Smile.