

LITTLE FOXES 17

SONG OF SOLOMON 2:15

15 Take us the foxes, the little foxes, that spoil the vines: for our vines have tender grapes.

EPHESIANS 4:29

29 Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers.

EPHESIANS 4:30

30 And grieve not the holy Spirit of God, whereby ye are sealed unto the day of redemption.

[STOP]

EPHESIANS 4:29

29 Let no ***CORRUPT** ***COMMUNICATION** proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers.

CORRUPT: GREEK LEXICON -- STRONG'S NUMBER 4550

sapros {sap-ros'}

rotten, putrefied, corrupted by one and no longer fit for use, worn out, of poor quality, bad, unfit for use, worthless

COMMUNICATION: GREEK LEXICON -- STRONG'S NUMBER

3056

logos {log'-os}

Word, saying, account, speech, a kind or style of speaking.

Reason, the mental faculty of thinking, meditating, reasoning, calculating

II CORINTHIANS 10:4

4 (For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;)

II CORINTHIANS 10:5

5 Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;

I PETER 1:13

13 ¶ Wherefore gird up the loins of your mind, be sober, and hope to the end for the grace that is to be brought unto you at the revelation of Jesus Christ;

Increase Resilience

Studies have found that positive thinking has helped victims of crises recover more quickly. Thinking positive thoughts helps you to be more resilient, enabling you to bounce back even from serious or traumatic experiences.

Extend Lifespan

A study conducted at the University of London found that seniors who thought positively tend to age healthier. This means that they suffered from fewer physical and emotional health problems as they got older. They even had a longer life expectancy than their negative counterparts!

Tolerate Pain

In one study published in Science Direct, positive thinking was proven to help people tolerate pain. Considering that stress and negativity causes pain sensations to be stronger, it's easy to see how positive thinking can help reduce the pain—but it also helps you to take your mind off the pain, and thus tolerate it better.

Makes You Healthier

In numerous studies published online, researchers have found that people practicing positive thinking tend to be healthier thanks to the fact that they take care of themselves. They do more exercise, eat better, enjoy their [hobbies](#) and recreational activities more, are more socially connected, sleep better, and live better lives.

Prevents Hypertension

High blood pressure is one of the many things that can cause heart disorders, the #1 cause of death in the world today. [Positive thinking has been proven to lower blood pressure](#), thereby preventing the risk of hypertension and other heart problems. Anxiety has been directly linked to heart problems, so positivity is the key to a healthy heart!

How to Change Negative Thoughts to Positive Thoughts

Are you the kind of person who has a problem with chronic negativity? Are all of your internal thoughts put-downs and negative? Is your self-talk filled with the word "can't"? If so, it's time to change your negativity to positivity, for your health's sake!

It's not going to be easy to change the way you think, but it can be done! Here are some ways you can change your habits from negative thinking to thinking positive thoughts:

Smile

It may sound trite, but did you know that smiling has been scientifically proven to improve your mood and thought patterns? The muscles in your forehead are directly linked to your brain's emotional center, and creasing them into a frown can make you moody and depressed. Smiling, on the other hand, sends positive, happy thoughts to your mind. Get in the habit of smiling more, and you'll be happier all around!

Whenever you catch yourself thinking negative thoughts, make a conscious effort to replace it with a positive one. In fact, you can make it a habit that every time you think something negative about a person, situation, or challenge, you HAVE to think two or three positive ones. Within no time, it will become a habit!

Take Control of Your Life

Instead of complaining when you find yourself in negative situations, take control and don't allow it to happen. Make a conscious choice of whether or not you will do something, and stop being a victim in your own life. Start thinking about your choices.

Be Around Positive Thinkers

Take a look at the people you call friends. Are they positive people always looking for the good in life, or do their attitudes trend toward the negative? Instead of hanging around people that will accompany you in your misery, find people that will help to pull you out of it. The more positivity you have in your life, the brighter the world around you will become.

Solve Someone Else's Problems

Are you stressed or worried about a situation in which you find yourself? Take your eyes off yourself and start helping someone else deal with their problems. You may realize that your life isn't as bad as you thought, and things are pretty great for you!

Sing

Science has proven that singing helps to fight depression and boosts your mood. The more you sing, the happier you'll become. It's a great de-stressing activity, plus it's a whole lot of fun!

DO.YOU.NOW.BELIEVE_ BATTLE.CREEK.MI SUNDAY_ 52-0817E

E-64.....Lord Jesus, have mercy on the man. May he come to Calvary tonight by faith, and may God through the mercies of Christ, heal him just now as I bless him in Jesus Christ's Name. Now, sir, as you go, go rejoicing. **Go, be happy. Sing songs all day long.** You're that quiet type of person, which would hurt you a little later in your life. **You go on, and just start singing hymns, and rejoicing, testifying of your healing, it'll leave you.** God bless you, sir. All right.

MARY'S.BELIEF_ PHOENIX.AZ FRIDAY_ 60-0311

E-16 Oh, if we didn't have so many other things on our mind. You know, sometimes we'll come to church, thinking about, "Tomorrow I gotta do this; the next day, I've got to do this." When we come to church, we ought to lay aside every thought and everything of the world, **and enter into fellowship with Christ and worship: meditating, worshipping in our hearts, and giving songs and praises to Him, thinking of His goodness, and what He means to us,** worshipping in the Spirit, singing spiritual songs, making melodies in our heart. Even the Bible said, "If there's any afflicted, let them sing songs." Be happy; be in meditation, always expecting God at any moment to appear to you. Are you doing it just now before this healing service?

EPHESIANS 5:19

19 Speaking to yourselves in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord;

COLOSSIANS 3:16

16 Let the word of Christ dwell in you richly in all wisdom; teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord.

GO.TELL_ JEFF.IN EASTER.MESSAGE.BOOK SUNDAY_ 60-0417M

4.....**Our hearts are made happy and light, as we sing the songs and listen to the testimonies of others,** of this

marvelous resurrection morning. And we look outside and we see God is happy about it, the trees are resurrecting.

GOD.DOESN'T.CALL.MAN.TO.JUDGMENT.WITHOUT.FIRST.WARNI
NG.HIM_ JEFF.IN V-8 N-3 WEDNESDAY_ 63-0724

241.....Don't you love those old songs? I--I'd rather have them than all you can... or any of these other kind of songs you can have. Them's good, old heartfelt songs. **Oh, my! I feel so good and happy when I sing them, just good!** My, just feel like rejoicing!

Take the Name of Jesus with you,

Child of sorrow and of woe;

It will joy and comfort give you,

Oh, take it, everywhere you go.

Precious Name (precious Name!), O how sweet! (O how sweet!)

Hope of earth and joy of Heaven;

Precious Name, O how sweet!

Hope of earth and joy of Heaven.

FROM A SCIENTIFIC PERSPECTIVE

Beneath every thought, dream or action lies a remarkable chemical dance.

More than 100,000 chemical reactions go on in your brain every second!

The brain is also a radio transmitter, which sends out measurable electrical wave signals. In fact the brain continues to send out these signals many hours after death!

Among the brain's many jobs is to be your own chemist. The brain produces more than 50 identified active drugs. Some of these are associated with memory, others with intelligence, still others are sedatives.

Molecules called neurotransmitters are in constant flux throughout the brain. Manufactured and released by the billions of neurons a human brain possesses, they orchestrate how we feel, act and react.

Special cells called neurons are responsible for information transport through the brain. To relay this information, they use small chemicals called neurotransmitters, which are released from one neuron and received by another, using special docks – or receptors – to recognise the neurotransmitter and pass the information on to the cell body.

Dopamine: Pleasure, reward and motivation

Of all the neurotransmitters in the brain, dopamine is the one most associated with pleasure (though endorphins also play a large part). Everything that makes you feel good is down to dopamine and the effect it has on the brain.

Moreover, every known addictive substance affects dopamine release in what's known as the brain's 'reward pathway', the equivalent of a neurological circuit connecting experience with feeling good.

Dopamine also plays a role in positive reinforcement and dependency, making a person more likely to repeat pleasurable actions and become addicted to substances that give this feeling.

Regulating dopamine's effects throughout the brain are its receptors, of which there are five known main variants: D1–D5. Alongside pleasure, these receptors ensure the involvement of dopamine in a range of activities, from movement and attention to memory. Drugs, such as cocaine and amphetamines, lead to a sharp, temporary rise in dopamine within the brain.

Glutamate:

Glutamate is the brain's 'on switch'. Known as an 'excitatory neurotransmitter', this tiny molecule does pretty much what it says on the tin – wherever it finds a receptor to dock with, it causes the hosting neuron to become excited. An excited nerve is one that's more likely to 'fire', resulting in the release of its own unique mix of neurotransmitters.

GABA:

GABA (gamma-aminobutyric acid) is the neurotransmitter acting as glutamate's lazy twin, its sole purpose being to slow things down, dampen and inhibit nervous activity. Like glutamate, the GABA receptors are split into two types. GABA A receptors respond to GABA binding by allowing the flow of ions across nerve membranes. The GABA B receptors involve intermediaries in the process.

Drugs that stimulate these receptors tend to slow the brain down, so it's no surprise to discover alcohol affects these receptors. Drugs activating GABA receptors are found everywhere – liquid ecstasy, or GHB, has become well known as a 'date rape drug' while other activators, such as the benzodiazepines, are used in clinical contexts to help people get more sleep or lessen anxiety.

These drugs are easy to overdose on, and produce tolerance (ie you need to take more and more to achieve the same effect). This means they aren't used as much as they could be clinically, because they're quite dangerous.

Serotonin:

Ninety-five per cent of the body's serotonin is actually in the gut, but the 5 per cent in the brain has a big effect on mood – a person's overall state of mind, how they feel about themselves and the external world at a point in time. As you might expect, laying the burden of something as complex as mood on a single molecule could be oversimplifying things a little, but remarkably, this simple molecule does have a big impact on your mind.

The link between serotonin and how you feel is down to the large variety of serotonin receptors throughout the brain.

Like a throwing a pebble into a lake, serotonin causes ripples of effect.

A lack of serotonin in the brain is associated with depression, which is why drugs called SSRIs (selective serotonin reuptake inhibitors), such as fluoxetine (Prozac), are commonly prescribed to help treat depression. Such drugs can cause an increase in the overall levels of serotonin in the brain leading, in many cases, to diminished symptoms.

Certain recreational drugs, such as MDMA (ecstasy) and LSD (acid), can also stimulate serotonin receptors, leading to altered or extreme moods. MDMA has two major effects on serotonin: causing it to be released as well as blocking the receptors involved in its reabsorption, meaning higher levels of serotonin remain in the synaptic cleft.

However MDMA also depletes the levels of serotonin in the brain, at least in the short term. This is likely responsible for the 'comedown' phenomenon; after the positive effects of the drug wear off, many users are left feeling down.

LSD has a very similar structure to serotonin, meaning that it fits into and activates certain serotonin receptors. This means that brain processes related to serotonin release are constantly activated, producing feelings of happiness. LSD also affects many other areas of the brain to produce its other, psychedelic effects.

Acetylcholine:

Among other things, acetylcholine appears to play an important role in learning and memory. The neurons that produce this neurotransmitter – cholinergic neurons – are found in several regions of the brain, where, when stimulated, they release their stores of neurotransmitter onto waiting neurons.

Nicotinic receptors, named after one of their most potent activators, nicotine (the reason cigarettes are so addictive), allow ions to quickly pass through them when either acetylcholine or nicotine binds to them. Muscarinic receptors (from muscarine, a receptor stimulant and poison extracted from certain mushrooms) act on a slower time frame than the nicotinic receptors. One of the most common blockers of the muscarinic receptors is atropine, a natural compound found in certain plants, such as deadly nightshade or mandrake.

Cannabinoids: where marijuana comes from

There's no doubt that the brain responds to cannabis – the question is why would the brain evolve the ability to bind to this drug? In fact, the active component of the cannabis plant (tetrahydrocannabinol – THC) is a natural mimic of compounds that the human body actually makes on its own.

This group of THC-like chemicals made within the body are endocannabinoids. These are fatty chemicals able to move freely between cells until they find their receptors – CB1 and CB2. Once these are activated, a number of pathways are activated, resulting in a diverse array of effects, from reduced experience of pain to movement of the digestive tract, as well as having an effect on mood.

Opioids: Poppy-derived painkilling

The colorful poppy is the source of the alkaloid drug, opium (an opiate – literally meaning ‘poppy tears’), a property that led to the eventual discovery of the numerous opioid receptors that bind such compounds within the nervous system. One well-known opiate commonly used today for the treatment of severe pain is morphine (after Morpheus, the Greek god of dreams).

Distributed throughout the nervous system, the opioid receptors, OP1–OP4, are involved in all of the calming effects we might expect, such as pain relief and reduction in anxiety – but these are taken to extremes by recreational drugs such as heroin. The natural partners to the opioid receptors are the endorphins, released during certain activities, such as running (they’re thought to be responsible for the ‘runner’s high’), pain and others.

IT SOUNDS LIKE A SCIENTIST IS AT WORK HERE

Dopamine, Serotonin, Oxytocin, and Endorphins are the quartet responsible for your happiness. Many situations can trigger these neurotransmitters.

Endorphin is the brain's painkiller, and **it is 3 times more potent than morphine**. Scientific research over the last several decades has led to the revolutionary discovery of opiate-like chemicals in the body that associate with opiate specific receptors in the brain and spinal cord,

Being in a positive state has significant impact on your motivation, productivity, and wellbeing.

Endorphins are released in response to pain and stress, and helps to alleviate anxiety. The surging "second wind" and euphoric "runners high" when running are a result of endorphins. Similar to morphine, it acts as an analgesic and sedative, diminishing your [perception of pain](#).

'endorphins' act in the brain as natural pain relievers. Their action is imitated by heroin and morphine, also alcohol.

Along with exercise, **laughter is one of the easiest ways to induce endorphin release**. Even [the anticipation](#) and expectation of laughter e.g. attending a comedy show, increases levels of endorphins. Finding several things to laugh at during the day is a great way to keep your endorphins flowing.

When you smile and laugh, a number of physiological changes occur in your body, mostly without you being consciously aware of it happening.

Benefits of Smiling and Laughing

Neurotransmitters called endorphins are released when you smile.

These are triggered by the movements of the muscles in your face, which is interpreted by your brain, which in turn releases these chemicals. Endorphins are responsible for making us feel happy, and they also help lower stress levels. Faking a smile or laugh works as well as the real thing—the brain doesn't differentiate between real or fake as it interprets the positioning of the facial muscles in the same way. This is known as the facial feedback hypothesis. The more we stimulate our brain to release this chemical the more often we feel happier and relaxed.

Endorphins make us feel happier and less stressed.

They also act as the body's natural pain killers. For sufferers of chronic pain, laughing and smiling can be very effective in pain management, as can laughing off the pain when you bump an elbow or fall over.

While the release of endorphins is increased, the stress hormone cortisol is reduced.

Cortisol is more active when we feel stressed or anxious and contributes to the unpleasant feelings we experience, and by lowering it we can reduce these negative feelings.

Laughing expands the lungs, stretches the muscles in the body and stimulates homeostasis.

This exercises the body, replenishing the cells from a lungful of oxygen and gaining all the benefits of exercising the body.

A good laugh can be an effective way to release emotions.

A good laugh can help you release emotions, especially those emotions that you might bottle up inside. Everything looks that little bit better after a good laugh and life can be seen from a more positive perspective. Smiling and laughing have positive social implications as well.

Smiling lowers stress and anxiety

It's not easy to keep smiling in stressful situations, but [studies](#) report that doing exactly that has health benefits. When recovering from a stressful situation, study participants who were smiling had lower heart rates than those with a neutral facial expression. The next time you're feeling stressed, just try smiling to calm yourself down.

Smiling strengthens your immune system

Smiling even makes your immune system stronger by making your body produce white blood cells to help fight illnesses. One [study](#) found that hospitalized children who were visited by story-tellers and puppeteers who made them smile and laugh had higher white blood cell counts than those children who weren't visited.

[Aromatherapies](#): the smell of vanilla and lavender has been linked with the production of endorphins. Studies have shown that [dark chocolate](#) and spicy foods will cause your brain to release endorphins. Keep some scented oils and dark chocolate at your desk for a quick endorphin boost.

Oxytocin

The release of oxytocin creates intimacy, trust, and strengthens relationships. Animals will reject their offspring when the release of oxytocin [is blocked](#). Oxytocin increases [fidelity](#); men in monogamous relationships who were given a boost of oxytocin interacted with single women at a greater physical distance than men who weren't given any oxytocin. Oxytocin is the glue that binds together healthy relationships.

Often referred to as "the cuddle hormone," a simple way to keep oxytocin flowing is to give someone a hug. [Dr. Paul Zak](#) explains that inter-personal touch not only raises oxytocin, but reduces cardiovascular stress and improves the immune system. Rather than just a hand-shake, go in for the hug. Dr. Zak recommends eight hugs each day.

Giving someone [a gift](#), will also cause their oxytocin levels rise. You can strengthen work and personal relationships through a simple birthday or anniversary gift.

PSALM 42:2

2 My soul **thirsteth** for God, for the living God: when shall I come and appear before God?

PSALM 63:1

1 ¶ A Psalm of David, when he was in the wilderness of Judah. O God, thou art my God; early will I seek thee: **my soul for thee**, my flesh longeth for thee in a dry and thirsty land, where no water is;

PSALM 143:6

6 I stretch forth my hands unto thee: **my soul thirsteth after thee, as a thirsty land**. Selah.

LIFE_ JEFF.IN SUNDAY_ 57-0602

E-38 And how dare some of you who would be so little as to try to quench that blessed thing of thirst by trying to satisfy that

with drinking, and smoking, and television, and--and running, and carrying on, and reveling around trying to satisfy **that godly thing that God put it in you to thirst for Him**. You are polluting the fountain that God has placed in you to receive His Spirit, and you're drowning it with the things of the world. And they do not satisfy. They never will satisfy. And that's the reason you put a pistol to your brains to blow them out is because that things go the way they do.....

THIRSTING.FOR.LIFE_ INDIANAPOLIS.IN THURSDAY_ 57-0613

E-19....."God created man to thirst for life." **That thirst that's in you is a creation of God**. And right and wrong is set before you as a tree of life and death in the garden of Eden. **And God made you to thirst**. And how dare you to take that blessed thirst that God has put in you to thirst after Him, and try to quench it on the things of the world.

The devil trying to make men and women run the nightclubs and cocktail parties, and live immorally, **because they are thirsting, and that thirst that's in you is of God**; and it'll never be satisfied until Christ, that Fountain of Everlasting Life fills your soul. It is totally impossible. **The devil will make you believe that you are living, but you are dead in sin and trespasses.....**

THIRSTING.FOR.LIFE_ TACOMA.WA SUNDAY_ 57-0728

E-36 And notice, again. What makes you try to have a big time like that? **It's because God has made you to crave life**. God made you up, your makeup. There isn't a man or a woman on earth tonight, neither there--was there ever a man or woman on earth tonight, or on earth at any time **but what had a craving for something, a thirsting for pleasure**. And God made that thirst in you. And He made that thirst so you would thirst after Him. And how dare you to try to quench that blessed holy thirst that God has put in your heart to thirst after Him, and try to satisfy It with sin. How dare you to try to quench that holy thirst for something by some vulgarity program on television, instead of going to the Church of the living God. **How dare you to pour whiskey, cigarettes, and dope into your body**, and

use your eyes for lust to try to satisfy that blessed holy thirst that God put in you to thirst after Him. God will hold you responsible, my friend, at the day of judgment, if you don't satisfy that thirst with drinking at the fountain of the inexhaustible fountain of Life.....

THE.DOOR.INSIDE.THE.DOOR_ KLAMATH.FALLS.OR MONDAY_ 60-0711

E-42.....God made a man to thirst. **God made a man to want pleasure.** But He made a man with a place in his heart to want, and to crave, **and to relax and get pleasure.** But that pleasure is in the Lord. How dare you, you've got no right.....

THE.WORLD.IS.FALLING.APART_ NY.NY V-18 N-10 FRIDAY_ 63-1115

176.....There is some little place in a man's heart, that thirsts for God. A little place, a man was made to thirst. You're set up like that. That's what makes you drink, that's what makes you do these things, is because there is something in you that craves for satisfaction, thirsting. And God forbid that a man will try to satisfy and hush that holy call of God with **the substitute that the Devil would give him!** You have no right to do that. That's God calling to you. **That stuff is a thirst of death.** And if you won't take Christ in there to fill that up, **the Devil will give you a substitute of death in it.** That's right. You have no right to do that. How dare any man or woman to hush that holy call in there, of God calling. **And because you won't receive It, then the Devil will see it's satisfied with something else.**

THE.HANDWRITING.ON.THE.WALL_ JEFF.IN SUNDAY_ 56-0902

E-49..... Our little teen-age children out here in school, they start them off with smoking cigarettes, and they go from there to **marijuana.**

And many of the schools are permitting the children to smoke in class just before they have a test.....

QUESTIONS.AND.ANSWERS_ JEFF.IN COD WEDNESDAY_ 59-1223

480-53.....the devil comes in with just like a little opium. It's just like they take a little school girl; the first thing they'll do is get her to smoke a cigarette. See? That gets her started. And the next thing they do, they'll get **a little stronger. And then the first thing it ends up into marijuana; and then from that on into the real dope habit.** What does it do? It drives them insane. They just go crazy, and the devil's got them. See?

QUESTIONS.AND.ANSWERS_ JEFF.IN COD WEDNESDAY_ 59-1223

480-54 So the devil is in smoking cigarettes. That's his little mild form. Now, if he sees you're pretty smart and going to catch that, he'll never let it go any farther than cigarettes. See? As long as he can just hold you there long enough, he can take--**get your life snapped out**, 'cause he knows that you can't go until God has said so. But you'll hear sermon after sermon, message after message, and punch after punch on it, and warning after warning on it. And if he can just keep you ward off and keep your mind on something else, as being a popular person, or **you've got to have it, or something like that, then if he can just holds you there until he gets you out.....**

THE.INFALLIBLE.WORD.OF.GOD_ CHICAGO.IL FRIDAY_ 56-0406

E-12 Am I'm looking at the little alcoholic that was healed in the Hammond meeting? God bless you, sister. I just happened to recognize you. I can't think of your name right now, and yet I've seen you and talked with you. One of the... from... If there'd happen to be an alcoholic here tonight, and the Alcoholic Anonymous has failed and all, here sets a beautiful little lady setting here, that was a past Alcoholic Anonymous and all, and Jesus Christ called her and made her well, solemnly, soberly, and setting here now perfectly normal and well. And that's been two or three years ago, hasn't it? [Sister says, "Four years."--Ed.] Four years ago. I wonder, sister, if you'd just stand up just for a minute. How many would like to see her? Just raise your hand. There she is, an answer to the power of God.

When God in the room called a little women, and told her what she was, and who she was, and all about her, and told her what she was, and God taken the drink away from her right then. And she's not a glorifying her drinking, but she's glorifying Christ Who took it from her. And if you think you can't get rid of cigarettes, tobacco, and dope, and alcohol, and things like that, talk to her a minute. She can tell you where salvation lays. Now... **Oh, yes, and the opium needle, or anything else, marijuana, whatever it is, Christ delivers perfectly.**

THE.RESURRECTION.OF.JESUS_ CHICAGO.IL THURSDAY_ 56-0405

E-20.....And if you notice, it's when you are discouraged that's when the devil can really pour it on you. That's when He gets you. If you come to the church and say, "Well, I don't know. I don't know whether I'll ever get any better or not. I've been prayed for twice." Oh, my. You might as well go home; that's all. But when you can cast that aside... God don't want you to be frowning. **God wants you to be happy.** The human heart was made to be happy. Worry will cause cancer. Temper will cause cancer. Don't never be upset. Just walk in His love. Amen.

Knowing that you're walking in Him, and nothing can harm you. There's nothing can harm you. There's neither powers, things present, things future, nothing can separate us from Him. We're in Him. And we never come in by our own will. **He, by choice, elected us and brought in to Him. Amen. So it's His business to take care of what He's took Hisself.** "No man can pluck them from My Father's hands, 'cause He's the greatest of all of them." Amen. It's the Father Who takes care of it. Who's got any more power than God? **So what kind of a power have you got over you to take of you? The whole powers that created the universes.** Amen. That took the solar system and [Brother Branham makes a blowing sound--Ed.] blew like that and every star went to its place. Sure. And He watches over you. Amen. **That's the kind of a Father we have.**

PROVERBS 15:13

13 ¶ A merry heart maketh a cheerful countenance: but by sorrow of the heart the spirit is broken.

PROVERBS 15:15

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

PROVERBS 17:22

22 ¶ A merry heart doeth good like a medicine: but a broken spirit drieth the bones.

Artificial Happiness

A lot of people get addicted to chemicals, alcohol, cocaine, amphetamine, heroin, and nicotine. Why do they do that? And why aren't they happy? It is because brains have a variety of chemical systems that regulate their electrical activities in waking and sleeping, and the addictive drugs artificially stimulate those systems, but the feelings are not those of joy.