

LITTLE FOXES 18

SONG OF SOLOMON 2:15

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

PSALM 42:2

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

[STOP]

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 thirsteth 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**.

THIRST_ TUCSON.AZ V-16 N-6 SUNDAY_ 65-0919

139 I used to see a little sign, said, "If you're thirsty, say Parfay." There used to be a little drink, when I was a boy, called Parfay. I remember coming down the road, oh, from fishing, I had been up to the pond, old stagnant waters. And I was about starved to death, and I seen a sign say, "If you're thirsty, just say Parfay." And I started saying, "Parfay, Parfay." I got thirstier all the time. And I--I... See, I--I--I got so I couldn't even spit, after a while, I was so--so thirsty.

140 Well, you see, that won't do it. There is nothing will satisfy it. I don't care, you can drink cokes, you can drink anything you want to, with them sweetened by carbonated waters, and so forth, there is nothing that will satisfy the thirst like a good cool, cold stream of water. That'll quench that thirst. All these other things are substitutes.

THIRST_ TUCSON.AZ V-16 N-6 SUNDAY_ 65-0919

141 **And why would we want to take a substitute, when there is a genuine baptism of the Holy Ghost that satisfies every fiber and longing in the human soul?** Then stand right in the face of death, like the great Apostle Paul said,

"O death, where is your sting? And, grave, where is your victory? But thanks be to God, Who gives us the victory through our Lord Jesus Christ!" That's the experience, brother, that satisfies that holy hush that... or that holy thirst that's in you. **It satisfies it. You don't have to do anything else about it.....**

ISRAEL.AND.THE.CHURCH.4_ JEFF.IN IC 97-128 SATURDAY_ 53-0328

26 The greatest thing that I find against the church tonight is fear; everybody's scared to death about something. What are you scared about? **If a man's borned again, he should be happy, carefree, just like these fellows singing up here,** and the brother testifying back there, just free. There ain't nothing can harm you. Nothing present, nothing future, nothing can separate us from the love of God that's in Christ. God has promised.

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.**

TIME.TESTED.MEMORIALS.OF.GOD_ JEFF.IN SUNDAY_ 57-0818

E-6 We believe, Almighty God, that You intend **for Your children to be happy**. It is not meant for us to be frowning and sorrowful, for it is written, that, "A merry heart doeth good like medicine." And we love to enjoy Your blessings and to have this great fellowship together.....

CONVINCED.THEN.CONCERNED_ TEMPE.AZ THURSDAY_ 62-0118

E-19.....**I think that God wants His children to be happy.** I--I believe we can run it to extremes, and--and just get insincere about it; but I believe that **God wants His people to be real happy, and sociable, friendly from our hearts**, loving each other, as God for Christ's sake, or Christ loved us. I think that's why we ought to be happy Christians.

POSSESSING.ALL.THINGS_ JEFF.IN V-10 N-4 SUNDAY_ 62-0506

94.....I'm an heir of Divine healing. I'm an heir of joy, **got a right to be happy**. "So what makes you so happy?" I got a right to be. "How do you know?" Because I'm an heir to it. Amen. Woo. Now, I feel religious. Look. **I'm an heir to the happiness**. I'm an heir to joy. I'm an heir to peace. I'm an heir to Eternal Life. I'm an heir to the Holy Spirit. Amen. I'm an heir to every evidence It's got. Amen. I'm an heir to the authority of God. Amen. "Who made you that?" Not me, He did. Every one of you is an heir to the same thing.

JOB 5:17

17 ¶ Behold, happy is the man whom God correcteth: therefore despise not thou the chastening of the Almighty:

PSALM 144:15

15 Happy is that people, that is in such a case: yea, happy is that people, whose God is the LORD.

PSALM 146:5

5 ¶ Happy is he that hath the God of Jacob for his help, whose hope is in the LORD his God:

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.

Happiness Is Directly Linked To Our Health

Dr. Derek Cox, Director of Public Health at Dumfries and Galloway NHS, says that for decades health professionals have been missing a big piece in improving the health of the nation.

“We’ve spent years saying that giving up smoking could be the single most important thing that we could do for the health of the nation. And yet there is mounting evidence that happiness might be at least as powerful a predictor, if not a more powerful predictor than some of the other lifestyle factors that we talk about in terms of cigarette smoking, diet, physical activity, and those kind of things,” he says.

The science of happiness is increasingly suggesting a link between happiness and health. Research conducted by Andrew Steptoe, the British Heart Foundation Professor of Psychology at University College London, has found that happier

people also have greater protection against things like heart disease and stroke.

“We know that stress, which has bad effects on biology, leads to those bad changes as far as health is concerned. What we think is happening is that happiness has the opposite effect and has a protective effect on these same biological pathways,” said Mr Steptoe.

What Happens To Our Cells When We are Happy?

The increasing prevalence (and debilitating effects) of depressive symptoms has motivated intense research into the biological basis of mood disorders and negative affect.

Specifically, the emerging field of ‘positive affect’ is focused on identifying contributing factors and various effects of positive subjective experiences and emotions, such as hope, optimism, and spirituality.

Positive affect is a term encompassing various components, including happiness, contentment, life satisfaction, optimism, and well-being. It appears that [happy, healthy people have the same habits](#).

The study of positive psychology is encouraging more researchers to study the proactive prevention of illness by identifying attitudes and personality traits that contribute to positive mood and increase quality of life.

For example, happy people, as compared with less happy people, tend to have greater immune system function, a reduced risk of cardiovascular disease, and report greater marriage and job satisfaction.

To protect the brain from stress, it releases a protein called Brain-Derived Neurotrophic Factor ([BDNF](#)), a neurotrophin which translates activity into synaptic and cognitive plasticity in the

adult animal. This BDNF has a protective and also a reparative element to memory neurons and acts as a reset switch. That's why we often feel so at ease and see things so clearly after moments of stress.

At the same time, endorphins, another chemical to fight stress, are released from the brain. The main purpose of endorphins is to minimize discomfort and block the feeling of pain by stimulating pleasure centers, many of which even lead to euphoria.

Endorphins are chemicals that are able to cross through the gaps between neurons in order to pass along a message from one to the next. There are many different kinds, and much remains to be learned about their different purposes and functions, but endorphins can be released with many different types of activities.

Endorphins act as both a painkiller and as the pay-off for your body's reward system. When you hurt yourself (or eat a hot chili pepper), you may get a big dose of endorphins to ease the pain. You may also get an endorphin blast from talking to a stranger, eating a satisfying meal or being exposed to ultraviolet light. (Everyone has different amounts of endorphins, and what may trigger an endorphin rush for one person could very well produce a dud for someone else.) The pay-off in the form of your body tapping into its own stash of "opiates" is to let you know you've had enough — and convince you to do it again sometime soon.

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.

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.

HEAR.YE.HIM_ SOUTH.BEND.IN SUNDAY_ 58-0209A

E-3.....Well, you know, even the Lord had a sense of humor, you know; so I guess His children does too. We want us to be happy. You know, **I was reading here sometime ago, where it taken eighty percent more muscles to frown than it does to smile. So it's better to be laughing than be frowning.** Isn't it? That's right.

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.

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.

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: such as is in marijuana

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.

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.

[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.