



# A JOYFUL HEART

“A joyful heart is good medicine”  
(Proverbs 17:22 ESV).

God created you to enjoy the life  
He’s given you! He wants you to  
be happy and even to have fun  
and to laugh at times.



Smile! It will make  
you feel better.

“A glad heart  
makes a cheerful  
face” (Proverbs  
15:13 ESV).



Did you know that even when  
something makes you sad, you can  
feel better if you smile?

Thinking about something good and  
positive, something that makes you  
happy, can help you smile even when  
you’re having a difficult day.