

The Power of a Smile

"We shall never know all the good a simple smile can do" Mother Theresa

An AUTHENTIC SMILE is contagious! It flows from the heart and engages the entire face!

The mouth curves upward, eyes shine and the face crinkles along 'smile lines'.

It is the universal signal of joy and kindness.

A SMILE lifts your spirit. It boosts your mood. It connects you with others. It elicits a response. In that brief moment you breathe easier, you relax just a little, tension melts, and you smile back. Powerful!

In these stressful days of physical distancing and protective masks, a warm smile can go a long way to help relieve/release tensions and soothe nerves. It can exude a quiet calming and centring. It can help turn the world right-side up again.

The effects of smiling have been researched for many years and the results are fascinating.

Recent studies show that smiling reduces the stress your body and mind feel, similar to getting a good sleep. Smiling releases endorphins and serotonin, thus boosting your mood, lifting your face and even making you look younger! It helps reduce blood pressure and has an impact on the immune system.

There's a good reason why enjoying a baby's first smile or being around children who are laughing and playing is so relaxing. It's healthy! On average, children smile 400x a day while we adults manage a meagre 20x. It is interesting to note that happy adults smile 40 to 50x per day and tend to live longer than people who smile less. Stress-induced hormones which negatively affect physical and mental health are reduced by the simple habit of smiling.

In 2010, researchers Abel & Kruger studied baseball cards of 230 players from the 1952 Baseball Register.



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There was a clear correlation between the size of the player's smile and his lifespan. It turns out that the smiling players lived to an average age of 80, eight years longer than their non-smiling counterparts! Similarly, in 2001, Harker & Keltner analyzed the college yearbook photos of female students. They found that at age 52, the women whose photos at age 21 radiated happiness, had better health, happier relationships, and were generally more satisfied with their lives. That's significant!

God's Smile

Jesus, the Son of God, Son of Man, was not a long-faced holy man burdening people with unattainable rules and restrictions. He was a joy-filled, compassionate teacher who showed His love and mercy for people by healing the sick and teaching about the Kingdom of God.

He came to bring LIGHT and LIFE into their lives and ours. And He did. And He does! People were so comfortable with Him. They came by the thousands, bringing their children, just to be near Him.

He continues to bless us with His peace and joy as we trust Him with our today and our tomorrows.

It is Jesus who gives us reason to SMILE in the storm, even in this COVID19 storm!

Enjoy the SMILE of God today in this ancient Hebrew blessing that comes to us from the Bible:

"May the Lord bless you and protect you.

May the Lord SMILE upon you and be gracious to you.

May the Lord show you His favour and give you His peace" Numbers 6:24-26 NLT