



How many words does a woman
speaks a day compared to a
man?

Woman 20,000 vs Man 7,000

From the 2006 book "The Female Brain" by Brizendine

Average words spoken by men
15,669 and by women 16,215 in
their 17 waking hours

University of Texas 2007 Study by psychologist Dr Pennebaker published
in the journal "Science"

How many times does a man
smile a day compared to a
woman?

Average man smiles 8 X a day

Average man smiles 8 X a day

Average woman smiles 62 X a day

Average man smiles 8 X a day

Average woman smiles 62 X a day

Average child smiles 400 X a day

A cheerful heart is good medicine,
but a crushed spirit dries up the
bone

Proverbs 17:22

Laughter is good medicine

Laughter

- Can lessen depression, anxieties, improves mood and help to relax
- Improves immune system because laughter releases chemicals that help fight stress and boosts antibody producing cells which then leads to stronger immune system
- Stimulates your heart and lungs and related muscles

So how many times do we
laugh a day?

Average adult laughs 17 X a day

Average adult laughs 17 X a day

Average child laughs 300 X a day

Why the big difference?

- Children have less or no worries.
- Children have more social and free time to interact with one another, they are impartial, spontaneous, not judgemental. Little and trivial things make them laugh.
- Adults have less time to socialize and interact informally.
- Adults have to cope with responsibilities, face lots of stress in workplace, at home; worry about finances, future etc,
- **If only if have more money I will be happy, smile and laugh more!!!**

So billionaires & millionaires
should be the happiest people on
planet earth!!!!





Laughter = Happiness & Joy ?



Laughter \neq Happiness & Joy

- Its easier to be joyful & happy when everything is going fine
- When we are successful e.g. promotion, good academic results
- When circumstances are positive, fat bank account
- During times of abundance, wellbeing, trouble-free, healthy and good times

- What about when you are going through hard times, sickness, in debt, poverty, lonely, failed relationship, strained relationship, bad working condition - poor paying job with long working hours.
- It takes away cheerfulness and light heartedness
- It is difficult to even to smile let alone be happy and joyful!

But can we rejoice when life is
unfair, hard & difficult and full of
pain?

How can joy be our strength
when we are weak and frail and
sick and helpless?

What does the BIBLE say?

“Rejoice in the LORD always and
again I say rejoice!”

Philippian 4:4

Though the fig tree does
blossom....

Habakkuk 3:17-19

Do not grieve, for the joy of the
LORD is your strength

Nehemiah 8:10

Lessons from Nehemiah

- Although he served as a cupbearer in the court of King Artaxerxes he was in exile in a foreign land.
- Saddened by the news of the ruined state of the city of Jerusalem.
- He wanted to rebuild the broken walls and gates of Jerusalem.
- He faced many obstacles; enemies threatened him, false friends discouraged him, it was hardship all the way.
- Yet he chose to rejoice in God rather than let circumstances dictate his feelings.
- ITS NOT EASY, JOY IS A CHOICE NOT A FEELING (HABAKKUK 3:18)

MORE REASONS FOR JOY FROM THE BIBLE

- Joy is the fruit of the Spirit Gal 5:22
- For the kingdom of God is ...righteousness, peace and joy Rom 14:17
- Come let us sing for joy to the LORD...Ps 95:1
- Shout for joy to the LORD, all the earth. Worship the Lord... Ps 100:1
- Let all who take refuge in You be glad....Ps 5:11

Looking unto Jesus the author
and the perfecter of our faith,
who for the joy set before Him...

Hebrews 12:2

What was the joy set before
Him that He endured the cross,
despising the shame?



Difference between Happiness & joy

Happiness

- Temporary
- Selfish – I, me happy
- Lacks depth
- Good feelings
- Easier to achieve
- Non life changing
- Chase after

Joy

- Constant
- Selfless
- Deeply spiritual
- Meaningful
- May involved hardship
- Transformative
- Choice to make