

## Mary Craig

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**From:** Mary Craig  
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Mary Craig Ministries, Inc.

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Proverbs 17.22 declares that a merry heart does good like a medicine; but a broken spirit dries the bones. Other translations say “rejoicing heart” or “joyful heart” or “laughter.” We need to laugh, giggle, and just roll over in laughter; not all the time, but sometimes.

*To every thing there is a season, and a time to every purpose under the heaven:  
 A time to be born, and a time to die; a time to plant, and a time to pluck up  
 That which is planted; a time to kill, and a time to heal; a time to break down,  
 And a time to build up; a time to weep, and a time to laugh; a time to mourn,  
 And a time to dance... Ecclesiastes 3.1-4*

Scripture warns against coarse jesting, delighting in indecency, obscenity, and foolish talking. Wholesome laughter, however, is to be encouraged. We don't need to tear others down and/or laugh at other's tragedies, like someone slipping on a banana peel. We can laugh at things that are just plain fun and silly, or when something unexpected happens to make us laugh.



Our granddaughter is a year and a half old. She loves to laugh. We were reading a book that had a picture of a big bee. I started to go “zzzzzzzzzz” with my hand moving like a bee all around. When I zoomed in and touched her face or her toe, she just laughed and laughed. She especially thought it quite funny when I did something she wasn't expecting, like making a different sound or touching her elbow.

We need to find humor in life. My mother used to speak of “life and its little jokes.” She had a great sense of humor despite having macular degeneration and being bedridden for several years. We need to laugh at ourselves sometimes and get over ourselves. We need to rejoice with others and get delivered from pride and envy.

There's so much serious in our world right now. People are downtrodden, worried, beside themselves with fear. People of faith have a confidence in Christ that can bring peace to others in crisis; lift them out of the pit.

10/4/2009

Someone said to me recently, “You’re always smiling. How can that be when you have so many more families in crisis at Craighouse®, more homeless people, and the world seems to be falling apart?”

I thought about that, and smiled. My definition of joy is: Jesus Owns You. God is in control of the world. God holds my life in His hands. I am made strong by the grace that is in Christ Jesus. I am strengthened by grace. I know that a Covenant-keeping God exults over me with joy and He is settled in His love for me. I am confident that God is working, not only in my life, but also in your lives. He is faithful; and He also will do it. He will give you life and that everlasting.

Humility, walking before a holy God in humility, is the key. Pride causes us to rise up in anger over the “rights” we think we have. We get defensive and fail to see the humor in most anything going on. We easily feel “betrayed” somehow and that births bitterness which leads to unresolved anger which leads to resentment, malice, wrath, and murder, whether in the heart or otherwise. We rise up and against God, wanting to kill the Creator and take His place. Humility keeps things in perspective.

God laughs. He has no serious competitors or contenders for the crown. But if we can humble ourselves and submit (under/with) to God, we will find our hearts changing within us. We will rejoice in the promises of God instead of putting a fist in God’s face and fighting words on our lips. We will be thankful in every thing, enjoying the simple things of life. We will more easily forgive, love, and pull down those strongholds of fear. We will draw closer to God as Father and start terminating our hostility toward Him as Creator/Redeemer. We will enjoy time with others and minister better to those who are hurting.

Life is too short. Live. Laugh. Love. Be healed as you are baptized into the Name of the Father, Son, and Holy Spirit. It’s not just a ritual; it’s a position of enduring life flowing from the love of God, the grace of the Lord Jesus Christ, and the fellowship of the Holy Spirit. Laughter; it does good, like medicine.



For what’s happening at Craighouse, go to [www.craighouse.org](http://www.craighouse.org) or check your e-mail for the Craighouse Special Events mailings.

**Pastors:**  
Rev. Jim Craig  
Dr. Mary Craig



Craighouse®: Where Christ has Triumphed and His People Rejoice