



## Day 5

*Proverbs 15:13: A happy heart makes the face cheerful, but heartache crushes the spirit.*

We're on the home stretch, and I'm praying that by now you are more convinced than ever that God's word is practical, relevant and life-changing. Think of what God has done for you this week as you have intentionally determined to rejoice always in him.

Today I want to encourage you to keep a cheerful face all day long. At every encounter with others, consciously remember to begin with a smile. For some, this comes easy and naturally; for others—like me—it is a habit to learn. Studies have proven that smiling makes a difference in you—emotionally and chemically—and it makes a difference in the way others respond to you.

So, remember to put a cheerful look on your face and keep it there all day. Then notice how your smile impacts your feelings, your relationships and your energy level today. Pay special attention to how contagious your smile is. People will smile back at you that you've never seen smile before!

**Mary Lowman**

**Visit our website**

[tcww@christianworkingwoman.org](mailto:tcww@christianworkingwoman.org)  
[christianworkingwoman.org](http://christianworkingwoman.org)  
630-462-0552

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