Happy Home Atmosphere Promotes Health

Happy is that people, whose God is the Lord. Psalm 144:15.

A home where love dwells and where it finds expression in looks, in words, in acts, is a place where angels delight to dwell....

Let the sunshine of love, cheer, and happy content enter your own hearts, and let its sweet influence pervade the home.... The atmosphere thus created will be to the children what air and sunshine are to the vegetable world, promoting health and vigor of mind and body.
Educate the soul to cheerfulness, to thankfulness, and to the expression of gratitude to God for the great love wherewith He hath loved us.... Christian cheerfulness is the very beauty of holiness.

While grief and anxiety cannot remedy a single evil, they can do great harm; but cheerfulness and hope, while they brighten the pathway of others, “are life unto those that find them, and health to all their flesh.”

The mother should cultivate a cheerful, contented, happy disposition. Every effort in this direction will be abundantly repaid in both the physical well-being and the moral character of her children. A cheerful spirit will promote the happiness of her family, and in a very great degree improve her own health.

The healthfulness of youth requires exercise, cheerfulness, and a happy, pleasant atmosphere surrounding them, for the development of physical health and symmetrical character.

As children of the light, God would have us cultivate a cheerful, happy spirit, that we may show forth the praises of Him who hath called us out of darkness into His marvelous light.

This text is taken from Sons and Daughters of God by Ellen G. White. For free access to more of her writings, please visit EGWWritings.org

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