

the  Venues
Go Deep
Ready for a Holiday?
When You Smile
9.27.2020

What puts a smile on your face?

Friday, October 2, is “World Smile Day,” which was started by the guy who created the smiley face, Harvey Ball. Harvey’s idea was to devote one day each year to smiles and kind acts throughout the world.

Several studies demonstrate that smiling can help you live not just better, but longer!

Based on your “smile quotient” how long do you think you will live?

Read Psalm 42:11: “Why are you in despair, O my soul? And why have you become disturbed within me? Hope in God, for I shall yet praise Him, The help of my countenance and my God.”

What words in this verse describe how you feel?

2020 has been a year of despair. Right? What has been your biggest source of despair?

Do you ever engage in “self-talk”? Is it usually negative or positive?

How powerful is “self-talk” in making you smile or frown?

The Psalmist says God helps our “face,” “countenance.”

Which emoji best describes your face?

How does God, spirituality, help to put a smile on our face?

Jesus talks about happiness in the beatitudes of Matthew 5:1-10. The word “blessed” can be translated “happy.”

What is the path to happiness according to Jesus?

Mother Teresa said, “Peace begins with a smile.”

How does a smile start the process of peace?

What kind act will you do to celebrate World Smile Day on October 2?