

Choose Hope, Faith

Isn't it much more pleasant to be around happy, upbeat individuals than down-in-the-mouth, always negative folks? Well, not only is it better for you to be around the former group, but their attitude is good for them as well.

Some very interesting research on this subject was reported in the journal of the American Heart Association in 1997. According to the *Chicago Times*, Susan Everson of the Human Population Laboratory of the Public Health Institute in Berkeley, California, found that people who experienced high levels of despair had a 20 percent greater occurrence of atherosclerosis – the narrowing of their arteries – than did optimistic people.

“This is the same magnitude of increased risk that one sees in comparing a pack-a-day smoker to a non-smoker,” said Everson. In other words, despair can be as bad for you as smoking a pack a day.

That is just one more reason why God calls us to choose hope and faith. The Christian life contributes to good health, for God gives us a legitimate basis for hope – both now and hereafter.

--Beecher Hunter