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Smile Right Through

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Smile Right Through

<https://www.youtube.com/watch?v=U941g2BSq5g>



"A cheerful look brings joy to the heart, and good news gives health to the bones."

PROVERBS 15:30

When my children were small, we loved going to Disneyland—not so much for the rides, but simply to sit and watch people. It became one of our favorite pastimes. We would laugh and carry on because God truly made each of us wonderfully different.

These days haven't changed much. On a recent flight from Phoenix to Missoula, I was one of the first passengers to board, which gave me plenty of time to people-watch once again.

As each traveler passed by my seat, I found myself imagining what their morning had been like. Did they dread getting up so early for the flight, as I did? Were they traveling toward a joyful reunion—or away from the sorrow of losing someone they loved? Those flying for business seemed so focused, already carrying the weight of the day ahead.

Children are still my favorite to observe. They are usually filled with excitement and wonder—unless, of course, they've just been scolded by a weary parent.

Most people are so wrapped up in their own thoughts that they never notice an older woman sitting quietly by the window. Yet weeks later, one brief moment still lingers in my heart. A young woman glanced directly at me as she walked down the aisle. Time seemed to stand still for just a second.

And then...she smiled.

Such a simple gesture, yet I still remember it.

While the exact word “smile” rarely appears in Scripture, the Bible overflows with verses about a cheerful face, a joyful heart, and laughter. God reminds us that inward joy naturally shines outward.

“A cheerful look brings joy to the heart, and good news gives health to the bones.” — Proverbs 15:30

Even King David knew where true joy could be found: “You make known to me the path of life; in Your presence there is fullness of joy; at Your right hand are pleasures forevermore.” — Psalm 16:11

Mother Teresa once said, “Let us always meet each other with a smile, for the smile is the beginning of love.”

There it is—the universal language of love: a smile.

Even psychologists tell us that deep within every human heart is the desire to feel seen, valued, and accepted. Sometimes a simple smile can accomplish all three.

The next time you are standing in a grocery store, sitting on an airplane, or passing someone on the sidewalk, try smiling at a stranger. Children will respond instantly, and you may brighten the heart of someone who desperately needed to be noticed that day.

This morning I discovered a quirky little song that not only made me smile, but reminded me how powerful joy can be when shared with others.

“People on the street look tired and worn, carrying the weight of a world that’s torn. But I’ve got Jesus and He’s teaching me to shine, so I’ll pass a little kindness down the line. I’m gonna smile right through the day.”

What if we began every morning with a smile and a song?

The world is already heavy enough. Perhaps one of the greatest gifts we can offer another person is simply the kindness of being seen—with warmth, joy, and the love of Jesus shining through us.

So today, smile right through your day. You never know whose burden may grow lighter because God allowed your smile to cross their path.

Closing Prayer Lord, let Your joy shine through us today. Teach us to notice the hurting, encourage the weary, and share kindness freely wherever we go. May our smiles reflect Your love and remind others that they are seen, valued, and never alone. Fill our hearts with the kind of joy that only comes from walking closely with You. In Jesus' name, Amen.

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