

Our spirits are contagious.



SOMETIMES JUST A WORD OR A SMILE CAN MAKE A BIG DIFFERENCE—how we look or sound or seem. If it's not cheerful and victorious and uplifting, it's bound to drag somebody else down with us. Others will partake of our spirits and be influenced by our attitudes. This is why it's so important that we dwell on the positive, not the negative. Think about the *good* things (Philippians 4:8). Be encouraging, loving, and cheerful. Love begets love. If we are peaceful, trusting, patient, restful, and full of faith, this is the way others will also react. A little real love goes a long, long way!

No man is an island. Everybody has influence. One person walking in love will encourage others to do likewise. If you show love, others will catch the same spirit. It's such a contagious thing—the love of Christ in action. It spreads from heart to heart.

If we live enough with God, like Moses did, a little of God will rub off on us too and we'll be happy and our faces will shine with joy and the Spirit of God (Exodus 34:29–34; Numbers 6:25–26). That's the secret! If we shine forth with enough love, others will reflect it.