

## Are Smiles Contagious?



Do you start smiling when someone smiles at you? You may want to answer this question by doing your own homework. Next time you see a guest at church simply smile. See what happens. If you have eye contact, a sincere smile and a loving spirit, a smile will bounce back at you. Similar to yawns, smiles have a contagious effect.

Congregations that welcome know how to smile. I am convinced of that. Every month I try to visit a church that is not mine. When I go, I notice the smiles on faces of those around me. I wonder how many of our worship guests encounter smiles? Can you imagine what it feels like to visit a church where everyone has a sour face? Some times we forget what a smile says. Recently, I asked a few people just that.

What does a smile say to you when you are a guest at a church?

Here are some of the answers:

- "Smiles say you're friendly."
- "Smiles show you are open to conversation."
- "Smiles make it easy to have conversation."
- "Smiles make you approachable."
- "When people smile I feel more comfortable."
- "Smiling makes me feel they are happy."

What do smiles say to you?