



LAUGHTER IS GOOD MEDICINE!

There is a time for everything, and a season for every activity under the heavens ... a time to weep and a time to laugh, a time to mourn and a time to dance ... (Ecclesiastes 3:1, 4)

Laughter is a respite from the difficulties and unexpected challenges of chronic illness, mental illness, chronic pain, and disability. Humor is an oasis of God's joy in the midst of life's storms.

LAUGHTER

- is good medicine.
- sparkles like a splash of water in sunlight. (Joseph Lelyveld)
- is the glitter of the soul. (Robin Dance)
- bursts forth from the soul, overflows, and bubbles all around. (Carolyn Birmingham)
- is God's hand on the shoulder of a troubled world. (Bettenell Huntznicker)
- is carbonated holiness. (Anne Lamott)
- is the sound of the soul dancing. (Jarod Kintz)
- like sunshine and music and love, is prepared for us by God. (James Strahan)
- is the foundation of reconciliation (St. Francis de Sales)
- is the tonic, the relief, the surcease for pain. (Charlie Chaplin)
- is sunshine in the house. (William Thackeray)
- is the sun that drives winter from the human face. (Victor Hugo)
- is creative living art. (Serene West)
- is the beginning of prayer. (Reinhold Niebuhr)

THANK YOU, GOD, FOR LAUGHTER

Lord, we thank You for surprising us, delighting us, and kindling sparks of joy that bubble into laughter. Thank You for the funny moments and unexpected chuckles waiting to be discovered on even the most difficult days. Your gift of laughter deepens our relationships, dismantles barriers, and creates unity. Isn't it just like You to use joyous laughter to strengthen our faith and draw us closer to You? How we long for the day when we will hear *You* laugh with fullness of joy! Until then, tickle our souls with the merriment of Your Spirit and keep our eyes open to awe and wonder. Amen.



Chronic Joy

Visit chronic-joy.org for more resources.

12 SURPRISING BENEFITS OF LAUGHTER

Research studies show that laughter:

- reduces anxiety and stress.
- lowers blood pressure.
- reduces inflammation.
- relaxes muscles.
- boosts the immune system.
- releases feel-good endorphins.
- relieves pain.
- increases creativity.
- improves focus.
- reduces memory loss.
- burns calories.
- stimulates blood flow.

LAUGHTER VERSES & QUOTES

Serve the Lord with laughter. (Pio of Pietrelcina)

Sarah said, "God has brought me laughter, and everyone who hears about this will laugh with me." (Genesis 21:6)

Laughter is the closest thing to the grace of God. (Karl Barth)

True humor springs more from the heart than from the head; it is not contempt; its essence is love. (Thomas Carlyle)

He will yet fill your mouth with laughter and your lips with shouts of joy. (Job 8:21)

A good laugh heals a lot of hurts. (Madeleine L'Engle)

Blessed are you who hunger now, for you will be satisfied. Blessed are you who weep now, for you will laugh. (Luke 6:21)

The wellspring of laughter is not happiness, but pain, stress, and suffering. (James Thurber)

Even in laughter, the heart may ache ... (Proverbs 14:13)

Laughter is a reward of humility and utter dependence upon God. It descends like rain upon a parched heart. (Terry Lindvall)

The One enthroned in heaven laughs ... (Psalm 2:4)

With the Spirit's help, humor has the powerful potential to keep us humble, honest, and hospitable as we walk the path of the redeemed life towards our eternal home. (Susanna Baldwin)

Laughter is the beginning of prayer. (H. Richard Niebuhr)

Our mouths were filled with laughter, our tongues with songs of joy. (Psalm 126:2)

Walk independently of self, and straight to God. What is anything, when you think of Eternity, except a means to get there; so laugh at everything, and go on in God's name. (Lilias Trotter)

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