

January 5, 2021



Laughter and **humor** are **special** gifts from God. Have you been gifted with them? Can you imagine life **without** laughter? Laughter allows us to step back from an event, deal with it and then **move on**. Laughter, also, **connects** us with others.

I believe God's sense of **humor** is expressed well in creation: giraffes with long necks, hippopotamuses--well **overweight** and still able to **move** about. (Unfortunately, that doesn't work for all of us!) Flamingos standing on **one** leg and balancing themselves! (Some of us have trouble just standing and balancing ourselves on **two** legs!)

Now, wouldn't it be nice to know **what** made **Jesus laugh** and how He made **others** laugh? For some reason, **nobody** thought it was important enough to **record**, and we have been making the same mistake by **excluding** *humor* and *laughter* from our **relationship** with God ever since. Just as humor is essential to the **human experience**, I believe, it is also essential to our **spiritual experiences**.

There's an old **joke** that says: "If you want to hear God **laugh**, tell Him your plans." Now, what kind of **father** would **laugh** at his children when they tell him their plans? I think God might smile and say, "**Oh!**" Or, "**Where am I in your plans?**"

I'm sure God **laughs** at me quite often. Probably, when I try to do something on my own without checking it out with Him before time! And, I am delighted that I can make Him laugh! I love to do that! And, He does the same for me! I think I have a good sense of **humor** and I love to make other people **laugh**. And, how much we **need** more **laughter** in our lives today!

Interested in more **energy, enthusiasm, and stress relief in 2021**? **Laughter** is the answer because:

LAUGHTER INCREASES OUR ENERGY AND ENTHUSIASM FOR LIFE.

It IS A POWERFUL FORM OF STRESS RELIEF"

Let us pray: 'Loving Father, Lord of **clowns** and **smiling saints**, we rejoice that You are a God of **laughter** and tears. Blessed are You, for You have rooted within us the gifts of **humor, lightheartedness, and mirth**. With jokes and comedy, You cause our **hearts** to sing as **laughter** flows out of us. Blessed are You, O Lord, our God, who invite us to be filled with holy laughter. (Prayers for the Domestic Church, Ed Hays)