

5 Ways to add laughter to your life. (excerpt)

1. Take Time to Laugh *“For everything there is a season, and a time for every matter under heaven: a time to weep, and a time to laugh.”* Ecc. 3:1, 4. Talk to a friend with a good sense of humor, retell a funny story from the past, spend time around children or pets is typically a surefire way to ramp up the laughter.

2. Share Joy *“A joyful heart is good medicine, but a crushed spirit dries up the bones.”* Prov. 17:22 Don't keep joy to yourself. Share the “good medicine” of a joyful heart with others. Have you brought joy or laughter to someone today? If not, think of a way you can make one person laugh. It'll bring joy to both of your hearts.

3. Lighten Your Load *Blessed are you who weep now, for you shall laugh.* —Luke 6:21b King David once wrote about it this way: “You have turned for me my mourning into dancing; you have loosed my sackcloth and girded me with gladness” (Psalm 30:11). Feeling burdened today? Ask God to lighten your load.

4. Savor Surprises—And Don't Be Afraid to Laugh at Yourself *And Sarah said, “God has made laughter for me; everyone who hears will laugh over me.” And she said, “Who would have said to Abraham that Sarah would nurse children? Yet I have borne him a son in his old age.”* —Genesis 21:6-7. Abraham's wife, Sarah, waited 90 years to become a mother. Thinking there was no way she could provide a family heir herself, she was downright dumbfounded when told she would have a son. She had to laugh out of pure joy. Think of a time when *you* were pleasantly surprised by God's timing.

5. Expect Great Things *Then our mouth was filled with laughter, and our tongue with shouts of joy; then they said among the nations, “The Lord has done great things for them.”* —Psalm 126:2 When God led His people out of captivity and brought them back to their homeland, they were so relieved and thankful that they laughed and shouted for joy. After spending 70 years as captives, one of the first things they did was build an altar and worship God. Keep an eye out this week for the great things He is doing in your life, then take a moment to thank Him for it. ['A Time to Laugh': 5 Ways to Add Laughter to Your Life \(billygraham.org\)](#)

FIRST BAPTIST CHURCH

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