

Gathering

LAUGHTER

Laughter – such a gift in our lives! According to a study conducted by the University of Maryland, laughter is a powerful remedy for stress, pain and conflict. Nothing works faster or more dependably to bring your mind and body back into balance than a good laugh!

Have you ever thought about God laughing? God must have laughed during creation. I mean who doesn't have a moments giggle when you look at a platypus or an otter playing in the water. It's sheer joy!

In Scripture we see that God's laughter is recorded when He deals with enemies. He laughs at those who plot evil against the wicked (*Psalm 2:1-4*), He laughs at rulers who rebel against God's chosen leader (*Proverbs 1:24-26*). The laughter of God, in these instances, can bring comfort to us – if God can laugh in these moments, we can rest in our security in a Sovereign God. Commissioner Phil Needham writes: *"The laughter of God tells us all that things are under control; His laughter is a sign of His providential care for us."*

Psalm 100:1-2 from The Message tells us:

"On your feet now—applaud God! Bring a gift of laughter, sing yourselves into His presence."

After sharing the Scripture, use at least three of the questions below with your group:

- What type of gift of laughter do you bring to the Lord?
- When have you laughed the hardest?
- Have you ever experienced healing laughter in your life?
- Share a funny story or a joke with the group – and enjoy a good belly laugh!

Complete your monthly report and turn it in to the Corps Officer.



Psalm 100:1-2



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Have you ever experienced **healing laughter** in your **life**?



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SING YOURSELVES INTO HIS PRESENCE.

PSALM 100:1-2 THE MESSAGE

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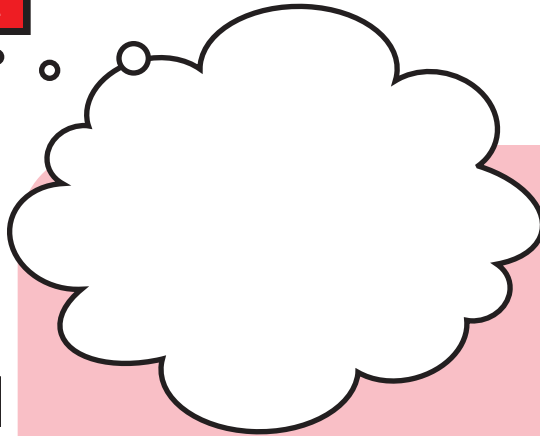
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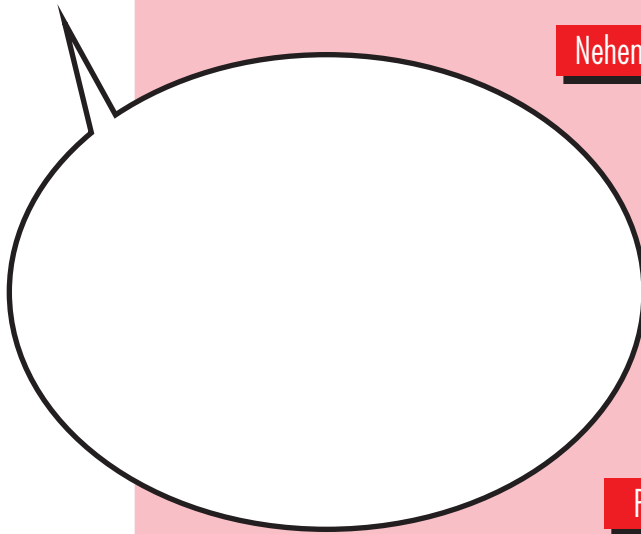
PSALM 100:1-2 THE MESSAGE

What does Scripture say about laughter and having a joyful heart?
Look up these verses and re-write them using your own words:

Proverbs 17:22



Job 8:21



Nehemiah 8:10



Psalms 126:2



Ecclesiastes 3: 1, 4

Luke 6:21

