

Have You Lost Your Sense of Humor?

The Bible says in Proverbs 17:22, "*A merry heart doeth good like a medicine: but a broken spirit drieth the bones.*" While lecturing at the University of Virginia, Will Rogers said, "Woe unto the business or professional man who loses his sense of humor. In the place of it he will have ulcers or a nervous breakdown." I must say a good hearty "Amen!" to that word of wisdom. In my own life I believe God has given me humorous insight into the most complex and trying moments of my life to make the hard moments bearable.

Why is humor so beneficial? I would like to list three basic reasons:

1. Humor provides great relief in attempting to cope with tension. The American Heritage Dictionary defines "cope": to contend or strive, especially on even terms or with success. In our workaday world I would compare humor with the runner's second wind or the socket wrench that allows you to tighten up without breaking your knuckles.
2. Humor causes others to want to be in our company. When I picture the Lord Jesus I often picture Him with a smiling face. The children love Him; and children seem to gravitate towards people with a sense of humor. This could be one reason your children avoid you.
3. Humor provides us with a positive outlook on life. Quit looking on life pessimistically, for as your faith is, so be it unto you!

Following are three ways to know if we have lost our sense of humor:

1. When we can't take a joke on ourselves. You've heard it said, "Laugh and world laughs with you, cry and you cry alone." I'm not saying that it is always right, but to a great degree it's true.
2. When others' sense of humor gets "on our nerves." Don't let this happen. The world has a name for you: "party-poopers".
3. When we stop looking for funny incidents in life. I call this operation – lemonade. When life hands me lemons I attempt to juice them, water it down, add the sugar of laughter and produce some delicious lemonade. Try to find something to laugh about this week, and see if it doesn't go better.

- Pastor Pope -

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