

JOY, LAUGHTER AND THE LORD

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**It is so much easier to face any
challenges when we are filled
with joy, hope and laughter.**



Leader:

Your word is a lamp to our feet,

People:

and a light to our path.

PSALM 126

¹ When the Lord restored the
fortunes of Zion, we were like
those who dreamed.

2 Our mouths were filled with laughter, our tongues with songs of joy. Then it was said among the nations, “The Lord has done great things for them.”

3 The Lord has done great things
for us, and we are filled with
joy.



4 Restore our fortunes, Lord,
like streams in the Negev.

⁵ Those who sow with tears will
reap with songs of joy.



6 Those who go out weeping,
carrying seed to sow, will
return with songs of joy,
carrying sheaves with them.

Leader:

This is the word of the Lord.

People:

Thanks be to God.



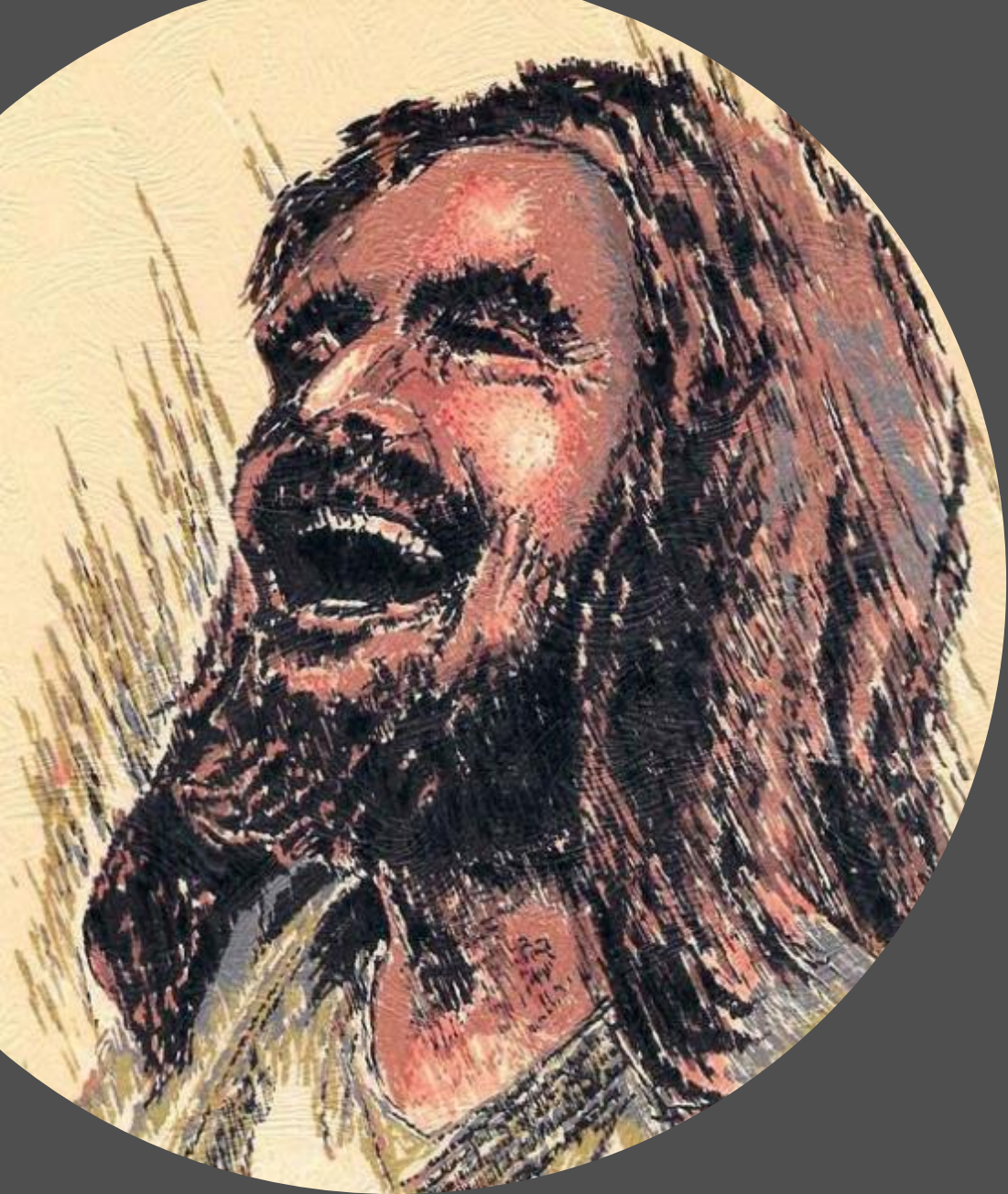
**Webster defines joy as
“a feeling of great happiness”**



Timing is Everything

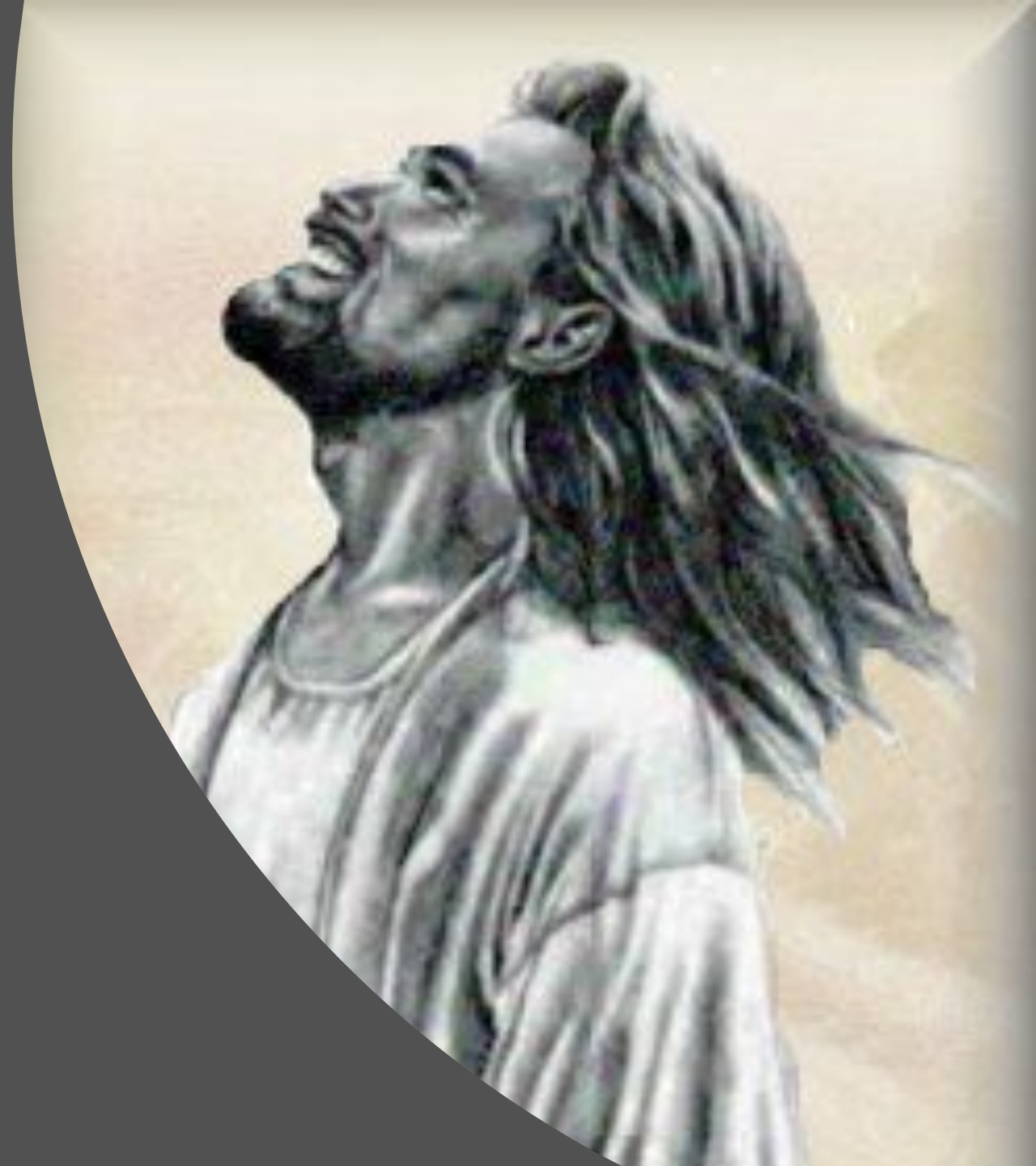


**It is important for us to both
grieve and rejoice**



1 There is an appointed time for everything. And there is a time for every event under heaven....

4 A time to weep
and a time to
laugh; A time to
mourn and a time
to dance.



11 He has made
everything
appropriate in its
time.

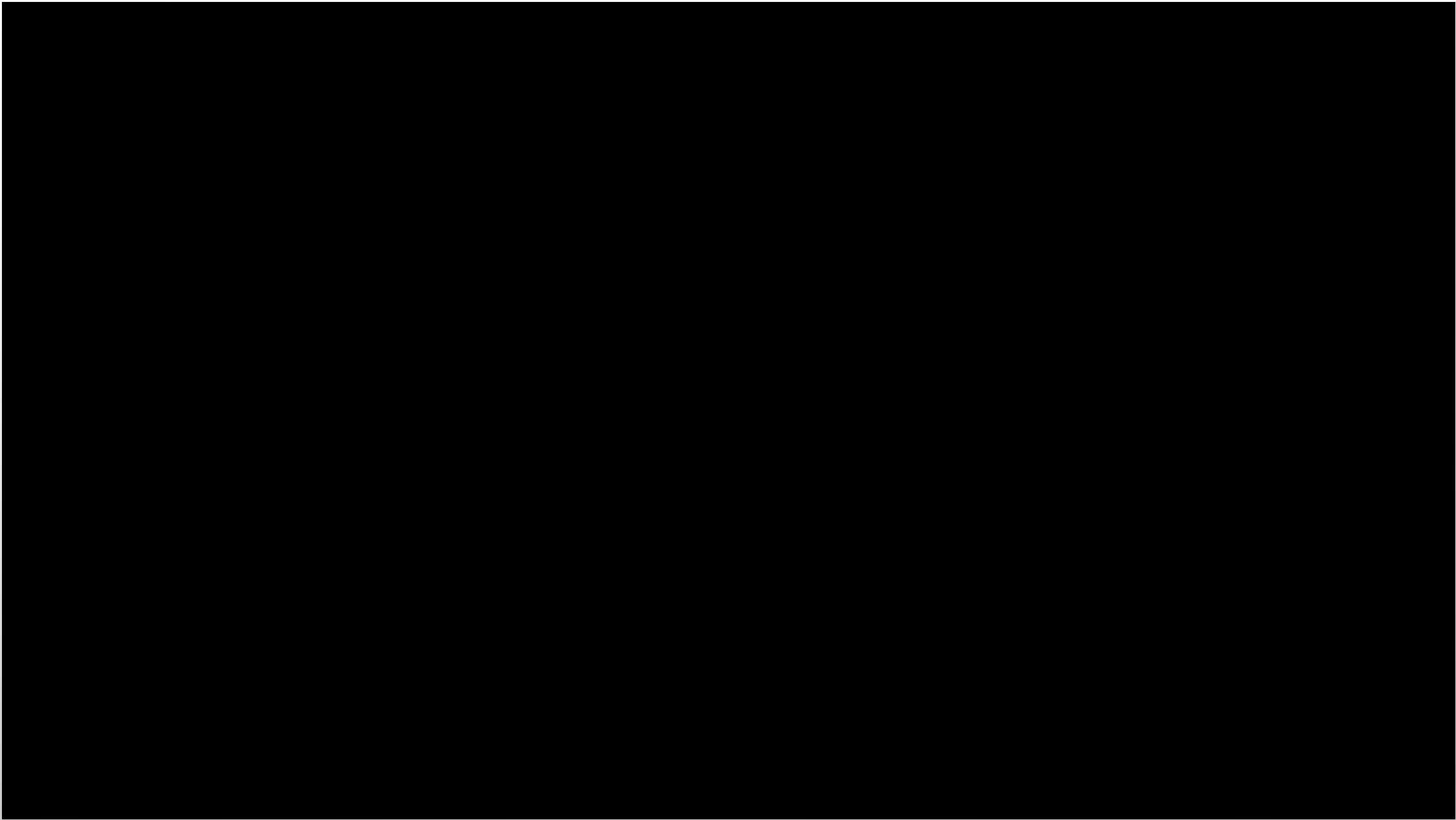




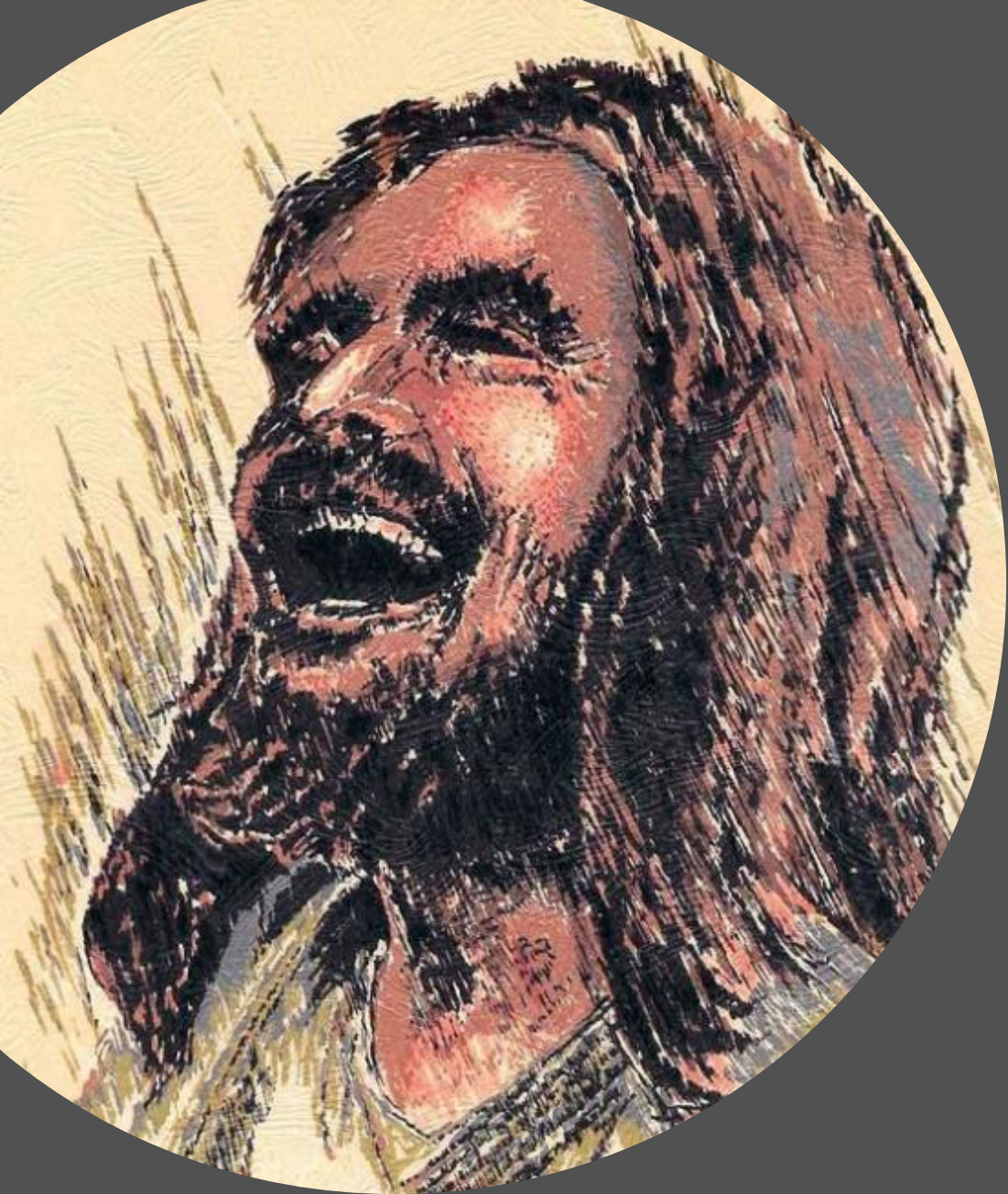
**“The most beautiful and
beneficial therapy God ever
granted humanity is laughter”.**

Proverbs 17:22 says
“A cheerful heart is
good medicine, but a
crushed spirit dries
up the bones”.





**“Laughter and weeping are the two
most intense forms of human
emotion, and these profound wells
of human emotion are to be
consecrated
to God.”**



Genesis 1:27

**So God created
mankind in his
own image...**

A Sense of Humor...



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