

04.07.21 – A Weekly Word for Covenant Church

Title: “The Importance of Laughter & Joy”

Scripture Reading: [John 16:16-24](#); [John 20:20](#)

Reflection: Pastor Henry

“Laughter is the best medicine.”

Most of us are familiar with this quote and may even share it with those around us who are on the more serious side of the spectrum from time to time.

For a very long time, human beings recognized the importance laughter and joy brings. The writer of Proverbs in [Proverbs 17:22](#) knew of its importance when they wrote: “A cheerful heart is good medicine, but a crushed spirit dries up the bones.” In 1300, [Henri de Mondeville](#), a professor of surgery found out the advantages of humor in treating ailments. “The importance of keeping the patient comfortable, cheerful, and hopeful was another significant aspect of Henri's teachings. Indeed, Henri thought hope was so important to recovery...[he encouraged] the surgeon...to see that every aspect of the patient's regimen encouraged joy and happiness, including the use of music and jokes told by cheerful friends and relatives.” Current medical professionals are also well aware of the benefits laughter creates for [our body](#) and [our mind](#).

“Laughter is the best medicine.”

Because laughter and joy are so good for us, it is important for us to find a trustworthy source for our laughter and joy. When it comes to laughing and joy, you and I have all kinds of options and sources to choose from. Consider with me just a few options available to us. There are Instagram reels and Snapchats from our friends that make us laugh and bring us joy. There are the times with family and friends on spring break that make us laugh and bring us joy. There are the mishaps and foibles of our parents, children, siblings, teachers, friends, etc. that make us laugh and bring us joy. There are all those dad jokes that make us laugh and bring us joy. [How does Moses make his coffee? Hebrews it.] There are stand-up comics who bring us joy and make us laugh with their jokes by poking fun of others, embellishing things we do and don't do, using things like word play, irony, and sarcasm to make light of a person or painful, difficult, or unjust situation. There are all kinds of things and different sources that make us laugh and bring us joy.

“Laughter is the best medicine.”

Olga Khazan, [in an article](#) she wrote about the psychology of humor and being a good comedian, notes for us that... “Jokes ease tension; they help us deal with life's injustices, both minor and large.” Although jokes can ease the tension that comes from the pain, injustice, and wrongdoing in our world, they are not able to repair, rectify, resolve, and remove injustice and wrongdoing in our world. For us to have complete joy, you and I are going to need a source of joy that is much greater than a joke or pun.

“Laughter is the best medicine.”

Complete joy only comes from Jesus' resurrection power. This is the good news that we celebrate each Easter. On the first Easter Sunday, Jesus Christ didn't just ease the tension that comes because of our sin. No, Jesus overcame the tension as a result of our sin. On the first Easter Sunday Jesus didn't just diffuse or diminish the power of injustice. No, Jesus destroyed it. Jesus didn't just reduce and relieve the effects of sin. No, Jesus completely removed and redeemed us from the consequences of our sin. Jokes, good times with family and

friends, and many other things are able to abate the effects of sin in our lives, bringing us temporary joy and laughter. However, only Jesus' resurrection power can obliterate the effects of sin in our lives, bringing us complete joy and laughter.

"Laughter is the best medicine."

The New Testament writers wanted the church (us) to both know and experience the difference of the joy, hope, and laughter only Jesus can provide. So, to end, I want to leave you with a few verses about the resurrection joy that is ours on account of Easter, a joy that you can't find anywhere else.

Romans 15:12-14

¹² And again, Isaiah says,

"The Root of Jesse will spring up,
one who will arise to rule over the nations;
in him the Gentiles will hope."^[a]

¹³ May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.

1 Peter 1:3-9

³ Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead, ⁴ and into an inheritance that can never perish, spoil or fade. This inheritance is kept in heaven for you, ⁵ who through faith are shielded by God's power until the coming of the salvation that is ready to be revealed in the last time. ⁶ In all this you greatly rejoice, though now for a little while you may have had to suffer grief in all kinds of trials. ⁷ These have come so that the proven genuineness of your faith—of greater worth than gold, which perishes even though refined by fire—may result in praise, glory and honor when Jesus Christ is revealed. ⁸ Though you have not seen him, you love him; and even though you do not see him now, you believe in him and are filled with an inexpressible and glorious joy, ⁹ for you are receiving the end result of your faith, the salvation of your souls.

1 John 1:1-4

That which was from the beginning, which we have heard, which we have seen with our eyes, which we have looked at and our hands have touched—this we proclaim concerning the Word of life. ² The life appeared; we have seen it and testify to it, and we proclaim to you the eternal life, which was with the Father and has appeared to us. ³ We proclaim to you what we have seen and heard, so that you also may have fellowship with us. And our fellowship is with the Father and with his Son, Jesus Christ. ⁴ We write this to make our/your joy complete.

Jude 24-25

²⁴ To him who is able to keep you from stumbling and to present you before his glorious presence without fault and with great joy— ²⁵ to the only God our Savior be glory, majesty, power and authority, through Jesus Christ our Lord, before all ages, now and forevermore! Amen

Prayer:

A Prayer for Joy by Andrew Thomas:

Lord Jesus, You are our salvation and our joy. We thank You for the new life and power that we have through Your death and resurrection because we know that true joy can only come by Your Spirit working in us. We ask you to fill us with Your Spirit and let our joy overflow. AMEN.

Action Item for the Day/Week:

First, tell someone your favorite joke, a joke that brings laughter and joy.

Second, tell someone about the joy that yours on account of Jesus resurrection. Tell them about the joy you receive from Jesus.

Songs for today:

[The Joy of the Lord](#)

[Did you Feel The Mountains Tremble](#)