



## GROWTH GROUP DISCUSSION QUESTIONS Spring Quarter - Lesson 4 - Week of April 24, 2022

### Lesson: LAUGH OFTEN

**Bible Verses:** Ecclesiastes 3:4; Proverbs 17:22

#### GETTING TO KNOW YOU

- Do you laugh often or do you have to make yourself laugh?
- Do you enjoy laughing?

#### INTRODUCTION

**THE POINT:** The gift of laughter comes to us from God, so shouldn't we, as Christians, allow ourselves to have some fun?

**PRAYER:** Holy Spirit, open our hearts and minds to receive God's teaching from today's scripture. Help us also to share our ideas, suggestions, and opinions in loving and encouraging ways.

#### DISCUSSION

Read Ecclesiastes 3:4, Proverbs 17:22 and Psalm 126:2.

The bible tells us that a cheerful heart is good medicine (Proverbs 17:22). I can think of no better way to create a cheerful heart than what is produced by laughing. Do you struggle with loosening up about life? As we go through life, perhaps we should seek to follow a new mantra: Live Well, Love Truly, and Laugh Often. I cannot tell you how to live, but life is short and we must be reminded of that fact.

- What makes you laugh?
- Where do you find fun in your faith?
- Do you think God laughs? What makes God laugh?
- How can we share His joy with others?
- Do you go out of your way to find laughter?
- Do you tell funny stories?

When the cares of life threaten to close you in, you may want to seek laughter. In a fallen world things happen to us all. Finding joy and laughter during our trouble requires humility, gratitude, and trust in God.

God is the author of our lives, and both tragedy and comedy are part of the plot. As Solomon reminds us, there is both a time to laugh and a time to weep (Ecclesiastes 3:4). Remember, Jesus anointed us with the oil of gladness (Psalm 45:7). Let me challenge you to find time to laugh.

Christians have a distinct comedic advantage because we know our place in the world. We must make room for laughter. Sometimes we must first empty ourselves of tears and find room to laugh.

**REMEMBER:**

- Resting in God's promises frees us to weep as those who have hope and to laugh whenever He brings comic relief.
- Humor can drive out fear.

**FIND WAYS FOR LAUGHTER:**

- Take time to laugh.
- Share joy.
- Lighten your load by giving your burdens to God.
- Savor surprises, and don't be afraid to laugh at yourself.
- Expect great things in life.
- Ask God to fill your heart with more laughter.

**Prayer Focus:** Lord Jesus, help us to laugh at ourselves frequently so that we can truly learn to love life. Allow us to enjoy the company of others. May we show our faith in You by sharing joy and laughter each day. Help us to loosen up and enjoy life in you.