

MT. SPOKANE CHURCH

A HEART LIKE MINE

Discovering God's Will for Your Life

'Laughter: God's Medicine'

Message 6 of 8

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- To laugh is to be fully **HUMAN**. As far as we know, humans are the only creatures of God who enjoy humor.

⇒ Please turn in your Bibles to Proverbs 15:13-15.

"A happy heart makes the face cheerful, but heartache crushes the spirit. The discerning heart seeks knowledge, but the mouth of a fool feeds on folly. All the days of the oppressed are wretched, but the cheerful heart has a continual feast." Proverbs 15:13-15 (NIV)

- Laughter changes us. A cheerful heart is vital in life. A happy heart affects our spiritual and physical **HEALTH**.

⇒ Please turn in your Bibles to Proverbs 17:22.

"A cheerful heart is good medicine, but a crushed spirit dries up the bones." Proverbs 17:22 (NIV)

- The Hebrew word for cheerful is "sameach" (שָׂמֵחַ). It means an attitude of joy, gladness, delight, i.e., pertaining to a feeling or attitude of happiness or contentment, with a possible focus of making an outward expression of that joy. It is to be happy, merry, rejoicing, joyful, laughing or showing joy.
- The Hebrew word for heart is "leb" (לֵב). It means the inner man, mind, will, understanding thinking, reflection, or memory as seat of emotions and passions. It can have a wide range of meaning such as the heart as a human physical organ, however, it usually refers to some aspect of the immaterial inner self or being since the heart is considered to be the seat of one's inner nature.
- The Hebrew word for medicine is "gehal" (גֵּהַל). It means a cure, a healing, recuperation, i.e., a medicinal cure to restore health.

3 Biblical Truths

About Why Laughter is Important

BIBLICAL TRUTH #1: What we laugh at reveals our CHARACTER.

⇒ Please turn in your Bibles to Psalm 126:1-3.

"When the Lord brought back the captives to Zion, we were like men who dreamed. 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." The Lord has done great things for us, and we are filled with joy." Psalm 126:1-3 (NIV)

- Think about what amuses you, it is a good **INSIGHT** regarding the condition of your heart.

“Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.” Ephesians 4:29 (NIV)

“The good man brings good things out of the good stored up in his heart, and the evil man brings evil things out of the evil stored up in his heart. For out of the overflow of his heart his mouth speaks.” Luke 6:45 (NIV)

- The Apostle Paul warns against participating in inappropriate humor. What entertains us, and makes us laugh can reveal much about our true character as individuals and a **NATION**.

“But among you there must not be even a hint of sexual immorality, or of any kind of impurity, or of greed, because these are improper for God’s holy people. Nor should there be obscenity, foolish talk or coarse joking, which are out of place, but rather thanksgiving.” Ephesians 5:3-4 (NIV)

BIBLICAL TRUTH #2: What we laugh at reveals our OBEDIENCE to God’s Word.

⇒ Please turn in your Bibles to Nehemiah 8:1-12.

“They read from the Book of the Law of God, making it clear and giving the meaning so that the people could understand what was being read.” Nehemiah 8:8 (NIV)

- The people were **INSTRUCTED** in God’s word - it was teaching. Ezra did it by making it clear and giving the meaning so that the people could understand what was being read.

“Do your best to present yourself to God as one approved, a workman who does not need to be ashamed and who correctly handles the word of truth.” 2 Timothy 2:14-15 (NIV)

“Now the Bereans were of more noble character than the Thessalonians, for they received the message with great eagerness and examined the Scriptures every day to see if what Paul said was true.” Acts 17:11 (NIV)

⇒ Please turn in your Bibles to Nehemiah 8:10.

“Nehemiah said, “Go and enjoy choice food and sweet drinks, and send some to those who have nothing prepared. This day is sacred to our Lord. Do not grieve, for the joy of the Lord is your strength.” Nehemiah 8:10 (NIV)

➤ The Hebrew word for strength is “*ma’uz*” (מִצְדָּה). It means a place or means of safety, protection, refuge, harbor or stronghold or human protection.

- God’s word is a place or **MEANS** of safety, protection, and refuge. It is a source of strength, celebration and joy as it brings us into the presence of God.
- We can experience the joy of the Lord today as we surrender to the truth of God’s Word and the **POWER** of the Holy Spirit to work in our lives.

“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law. Those who belong to Christ Jesus have crucified the sinful nature with its passions and desires. Since we live by the Spirit, let us keep in step with the Spirit.” Galatians 5:22-25 (NIV)

- As Christians we have all been former **CAPTIVES** to sin, but we have been brought back to God through the death of our Lord Jesus Christ on the cross.

⇒ Please turn in your Bibles to Psalm 126:1-6.

“Those who sow in tears will reap with songs of joy. He who goes out weeping, carrying seed to sow, will return with songs of joy, carrying sheaves with him.” Psalm 126:5-6 (NIV)

BIBLICAL TRUTH #3: What we laugh at reveals our TREASURES.

“Like the crackling of thorns under the pot, so is the laughter of fools.” Ecclesiastes 7:6 (NIV)

- What we treasure produces joy and laughter. Worldly treasures won't last. But the laughter and celebration that comes from treasuring and obeying God's word will last **FOREVER**.

“Nehemiah said, “Go and enjoy choice food and sweet drinks, and send some to those who have nothing prepared. This day is sacred to our Lord. Do not grieve, for the joy of the Lord is your strength.”
Nehemiah 8:10 (NIV)

⇒ Please turn in your Bibles to 1 Chronicles 16:27-32.

“God has said, “Never will I leave you; never will I forsake you.” Splendor and majesty are before him; strength and joy in his dwelling place.” 1 Chronicles 16:27 (NIV)

- We can celebrate and laugh on earth now with joy in the midst of great trials because of the presence of God's Spirit in us and the hope the promise of **HEAVEN** brings.

⇒ Please turn in your Bibles to Revelation 21:1-5.

“He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away.” Revelation 21:4 (NIV)