

# THE BENEFITS OF LAUGHTER IN THE BIBLE



**Background Reading:**

Psalm 126:2; Proverbs 14:13;  
Luke 6:25; James 4:9

**Devotional Reading:**

Genesis 18:9-13; Genesis 6:6



## Central Verse

“A merry heart doeth good like a  
medicine: But a broken spirit dried  
the bones.” Proverbs 17:22, KJV

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

## Key Terms

**Rhythmical**—marked by or moving in the pronounced flow of sound in music having regular accented beats.

**Diaphragm**—a sheet of muscle that separates the cavities of the chest and abdomen in mammals.

**Stimuli**—something that rouses or incites activity: something (as an environmental change) that acts to partly change bodily activity (as by exciting a sensory organ).

**Melancholy**—spirits depression: a sad or gloomy mood.

## Introduction

It is said by many people that “sometimes we have to laugh to keep from crying.” What are people saying? How can they come to such a conclusion? Is there any merit in this saying? Well, I do not know, but we will try to find out as we explore this lesson about laughter.

Laughter is said, in Wikipedia, to be a pleasant physical reaction and emotion consisting usually of rhythmical, often audible contractions of the diaphragm and other parts of the respiratory system. It is a response to certain external or internal stimuli. Laughter can arise from such activities as being tickled, or from humorous stories or thoughts.

Human lives are filled with tragedies, problems, challenges, and many uncertainties which fill a person with sorrow. So, it is needful to have laughter to help the spirit of a person. The Word of the Lord tells the believer to exchange the spirit of heaviness for a garment of praise. Get rid of the melancholy spirit by letting a little laughter into your life for laughter is like medicine.

## Discussion

The world is filled with people who are depressed, sad, filled with grief, unhappy, miserable, despondent, and not knowing how to cope with the negative things that happen in their lives. The believer should have some laughter in his soul to be able to share and help these people. Having Jesus in their lives should cause the believer to be happy when other people are sad. Jesus told the believer to “let not your heart be troubled”. The joy of God in his life should cause him to be happy and filled with joy and laughter. God is concerned about the believer’s heart, for out of the heart flows the issues of life. The life or death of the soul proceeds from the heart, so Proverbs four and twenty-three tells the believers to guard their heart with all diligence. Life has little purpose if there is no laughter in a person’s life.

Believers should always be able to think of the goodness of Jesus and get a smile on their faces, get some joy in their hearts, or get some laughter in their souls.

Psychology Today is quoted to say, “that laughter has several health benefits. Bouts of laughter can boost the immune system, relax muscles, circulation, and protect against heart disease. It can lower anxiety, release tension, improve mood, and foster resilience.” Laughter can reduce the level of stress in the hormones of a person. When a person allows the cares of life to contaminate his heart, it will choke his peace and sabotage his joy.

Believers need to find time and things that will create laughter in their souls. He cannot afford to allow himself to be so nervous about things that will pull his spirit down, he must find things that will give humor to his life. If laughter can help the natural man, surely, there are benefits for the spiritual man. The believer must learn to find laughter in even the most challenging circumstances to maintain his sense of balance.

The wise man in the Book of Proverbs warns the believers about having an enjoyable time laughing and having an enjoyable time doing wrong. For

even as he laughs, his way of life is like a fool, laughing, having an enjoyable time but on his way to hell. God wants the believers to laugh and enjoy life, but not, the drinking, smoking, jesting that is unprofitable, and lose his soul in the devil's den. Jesus let His disciples know that they must hunger for the Word of God and if they are going to laugh, do it for the joy of the Lord not about worldly things, for these things will pass. But the joy that comes in the morning, after they have mourned over the conditions of the world will last forever.

James tells the believer to let his laughter be turned into mourning and his joy to heaviness. Resist the devil, cry out to him, letting him know that you are God's child, and if you cry, it will be counted against him. The believer is an overcomer and has the right to rejoice, laugh and be happy.

Sarah was an aged woman, her time of childbearing had passed, her husband was an old man, and she felt that together they could not produce a child. But God was yet saying that she and her husband would birth a child of the flesh. When the Angel came and told Sarah that the child would be born, she laughed. She knew humanly this could not happen. She might have laughed to keep from crying. Sometimes people do laugh to keep from crying when they think of how assured a situation is. God let Sarah know that He specializes in impossible things.

Israel was a nation of God's people who constantly became stubborn and rebellious. Because of their actions, they were taken into captivity where they were under bondage. It was a time of sadness for them, it was a place where they refused to sing and be happy. But when God allowed them to be released and allowed them to return to Zion, they said it was like a dream. They laughed and sang and gave praise to God (Psalm 126:1-3).

## Conclusion

The holiday season following the loss of a loved one can be a devastating time for some people. Especially those who are confined in nursing homes, prisons, and other places of confinement. This is why the believer needs to seek to give joy and laughter to as many people as he can. These are times when sadness can become magnified, and the struggle becomes greater. However, the believer knows that God will help him to thrive in troubled times and bring him through every storm to victory.

## Questions

1. What is the purpose of laughter?
2. How can laughter help the physical man?
3. What does laughter do for the spirit of man?
4. Why did Sarah laugh?

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## Essential Thought

Find a reason to laugh every day, for it will be like taking your vitamins daily.

## Conclusion

Following the path of a loved one can be a devastating experience. Learning to cope with the pain and moving forward is a journey of discovery. The way we choose to respond to loss is a reflection of our faith and our hope. It is in the darkest of times that we often find the light of God's love and the promise of a better future. We are called to find joy and meaning in the midst of our grief, for it is in the joy of the Lord that we find true strength and peace.