

The Joy of Fun, Play, and Laughter

April 21, 2024

Psalm 126:1-3 (A Psalm of Ascent)

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.



A Vision for Whole Relationships

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Proverbs 17:22

²² A cheerful heart is good medicine, but a crushed spirit dries up the bones.

Ecclesiastes 3:4

⁴ a time to weep and a time to laugh, a time to mourn and a time to dance,

Acts 2:42-47

⁴² They devoted themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer. ⁴³ Everyone was filled with awe at the many wonders and signs performed by the apostles. ⁴⁴ All the believers were together and had everything in common. ⁴⁵ They sold property and possessions to give to anyone who had need. ⁴⁶ Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, ⁴⁷ praising God and enjoying the favor of all the people. And the Lord added to their number daily those who were being saved.

All through the [Scriptures](#) we read of festivals, feasts, celebrations, and worship...all instituted by God Almighty!

Realities and Reasons for Broken Relationships

When [joy](#) is crushed by [seriousness](#).

When [celebration](#) is pushed out by [busyness](#).

When [laughter](#) dies because [conflict](#) dominates.

When play ceases because work consumes

Pathways to Healing, Hope, and Wholeness

Focus on God's [restoration](#) and recognize His [great works](#) (Psalm 126)

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Do a [heart check](#). (Proverbs 17:22)

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Know the [season](#) and embrace the [time](#) (Ecclesiastes 3:4)

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⁴ a time to weep and a time to laugh, a time to mourn and a time to dance,

Step **deeply** into Christian **community** (Acts 2:24-27)

Plan a **party** and budget (time and money) for **celebration!**

One pathway to whole relationships is laughter, play, joy, and celebration! Walk in it often!