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“Laughter, Love and Wellness” Insight Session**

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The Bible is full of quotes about laughter and joy. This is just a sampling of them. And below the Scripture texts are some quotes from famous people on the importance of humor in our lives.

Scripture texts

Gen. 21:6: “Now Sarah said, ‘God has brought laughter for me; everyone who hears will laugh with me.’”

Psalms 16:11: “You show me the path of life. In your presence there is fullness of joy; in your right hand are pleasures forevermore.”

Ps. 68:3: “But let the righteous be joyful; let them exult before God; let them be jubilant with joy.”

Ps. 96:11: “Let the heavens be glad, and let the earth rejoice.”

Ps. 107:22b: “...and tell of his deeds with songs of joy.”

Ps. 126:2: “Then our mouth was filled with laughter, and our tongue with shouts of joy...”

Ps. 126:5: “May those who sow in tears reap with shouts of joy”

Ps. 128:2b: “...you shall be happy, and it shall go well with you.” (those who walk in the Lord’s ways)

Proverbs 3:4a (for everything a season): “...a time to weep, and a time to laugh.”

Prov. 3:12: “I know that there is nothing better for them than to be happy and enjoy themselves as long as they live.”

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

Isaiah 49:13a: “Sing for joy, o heavens, and exult, o earth; break forth, o mountains, into singing!”

Is. 65:18: “But be glad and rejoice forever in what I am creating; for I am about to create Jerusalem as a joy and its people as a delight.”

Quotes

Victor Borge: “Laughter is the shortest distance between two people.”

Comedian/actor Alan Alda: “When people are laughing, they’re generally not killing one another.”

Psychotherapist John McBride: “Laughter is God’s hand on the shoulder of a troubled world.” (also attributed to country comedienne Minnie Pearl)

Mahatma Gandhi: “If I had no sense of humor, I should long ago have committed suicide.”

Writer E.B. White: “Humor can be dissected, as a frog can, but the thing dies in the process.”

Newspaperman H.L. Mencken: defined Puritanism as “that haunting feeling that somewhere, someplace, somebody is happy”

Writer T.S. Eliot: “Humor is also a way of saying something serious.”

Author George Bernard Shaw: “When a thing is funny, search it carefully for a hidden truth.”

Comedian Jay Leno: “You cannot be mad at somebody who makes you laugh—it’s as simple as that.”

Author Kathleen Fischer:

Humor ...”loosens our perspectives and the tenacity with which we hold to established patterns of thought.”

“...loosens our bodies and emotions and lightens the connections among us.”

“...softens the edges of our cynicism and reveals the nonsense in what appears to be sensible—the inconsistencies and incongruity in all human behavior.”

“...humor is an indication that we are still capable of being surprised.” (as happened with Sarah in the Old Testament)

Writer Anne LaMott: “Laughter is carbonated holiness.” (from her book *Plan B*)

Cartoonist Bil Keane (“Family Circus”): “Laughter is not all ‘ho, ho, ho’ and ‘ha, ha, ha.’ It’s also a quiet inner warmth that spreads good vibes throughout the mind and body.” He also said that without humor we focus on failures, defeats, lack of fulfillment.

Prominent Protestant minister Elton Trueblood: “Never trust a theologian who doesn’t have a sense of humor” AND “The critics of Christ have, on the whole, been as blind to his humor as have his admirers.”

Quaker Tom Mullen, in his book *Laughing Out Loud and Other Religious Experiences*:
“True believers need the perspective humor provides. Otherwise, they become as self-righteous and unfunny as Luke’s Pharisee...”