

A Night to Remember – Let's Laugh – by Marcy Lytle

It's been noted that kiddos laugh 300ish times a day and adults laugh maybe 15 times. What happens to the laughter? It's a good thing this month to stoke the laughter in the family, starting with the kids. And guess what else? The bible has a lot to say about laughter and joy, as well. And with school now in session, a good belly laugh from everyone might be just the thing to relieve the tension...

Preparation: Read through the lesson and do a little searching online to add to some of the activities, where noted...that's it!

Proverbs 17 says a cheerful heart is good medicine. And it might be the best medicine for the entire school year!

Jokes are always a good way to get a chuckle out of everyone. Why didn't Noah go fishing? He only had two worms. Why did the sponge go to church? He was hole-y. What kind of lights did Noah have on the ark? Floodlights! Look up more bible jokes on line and let the kids read them and laugh out loud together. Even ask the kids to make up a joke, if they wish. Often, there's one kid (or parent) in the family that loves to make a joke!

Read Job 8:21 – thank the Lord that he fills our mouths with laughter!

Tickling brings laughter. Ask the littlest ones in the bunch to tickle the feet of another one, who has their eyes shut. Then the person opens their eyes and busts out laughing. Little kids love to tickle and be tickled, so have a tickle session and enjoy the rolls of laughter.

Funny words or noises bring on the smiles. Ask the kids to make up words for common things, but to make the word funny. Like name the smelly socks you have with holes in them – maybe they'll say something like "smockypoo" – let them be creative. Ask for them to make sounds like they hear on the way to school – like kids chattering at the school bus stop. Maybe they'll say "oh chi yeah too mi wow" and everyone will laugh. Let kids think of and ask the others for words and sounds.

There are funny names in the bible – see if they kids get a kick out of these: Methuselah - oldest man in the bible – 969! Shadrach, Meshach and Abednego – the three guys in the firey furnace – and God saved them all! What makes a name funny? Maybe just the length or the sound of it, if it's hard to pronounce.

Dancing as a family can be so funny. Jeremiah 31:4 says to go out and dance with the joyful. Joyfully dancing with laughter is the best! Show the kids your moves from decades ago, let each one take a turn in the center of the room while you play a happy song...and they move and dance to the music. Ask each one to dance as silly as they can, and watch everyone erupt in laughter.

Have you tried song speaking? Give each one a verse to read from the Bible, the same verse, and ask them to sing it instead of speak it. It will be so fun...and funny! Here are a couple to try:

Psalm 126:2 "Then our mouths were filled with laughter, and our tongues sang with joy"

Ecclesiastes 3:4: "A time to cry and a time to laugh"

Others laughing, especially babies, makes everyone laugh doesn't it? You Tube is a great source for this, so search for babies laughing and let the kids watch a few. Belly laughs at the silliest things are the best!

Since a merry heart is good like medicine, let's pray for our family to have a merry heart all school year long...to keep us healthy and joyful:

Dear Father,

Thank you for laughter. Thank you for making our hearts joyful and giving us so many things to smile about. We ask you for joy in our family this year, as we play, eat, study, sing, and do all the hard things...and all the fun things. And may that joy be contagious to others, as we laugh out loud at your goodness to us all.