



Laughter

By Dr. C. Robin Nottingham

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Scripture for Mediation

Proverbs 17:22

“A joyful heart is good medicine, but a crushed spirit dries up the bones.”

30 Day Gratitude Journal:

Share how you can better show appreciation for those you love.

30 Day Gratitude Challenge:

Send a thank you letter to someone who inspired you.

Today's Prayer Concerns:

Lord, out of all the gifts that we have been blessed with, we are most thankful for the gift of a relationship with you. Your Word challenges us to walk in You. We also want to walk with You! Establish us in the faith. Plant and grow Your Word in us. Let the fruit be an outpouring of thanksgiving and love. In Jesus Name I pray, **amen.**

Observation

I am thankful for the gift of laughter. Creating a smile and/or helping others laugh is something that can happen at any time and most anywhere.

Laughter is a universal language. I'm so glad God chose to bless me with this talent. I have used it in many areas of my life and on numerous occasions. It helps people forget about their troubles for at least a minute.

I'm so grateful that God gave me this gift because I truly believe it has healing qualities. Humor can be the best therapy because it releases natural endorphins. As a therapist, my patients are often amazed that I use this skill to help them relax and thus, subsequently get better mental clarity.

I truly feel blessed to have this trait and believe it was passed down from my mother, Esther Crump. She too could bring this kind of joyous spirit to many and help others greatly by doing so. As a wise person once said, you may not remember what someone said to you, but you will always remember how they made you feel.

So during this Thanksgiving season I would like to again thank my Lord and Savior for giving me this gift of laughter and pray that you all have a reason to laugh today.

Questions to Ponder

1. Name a memory that brings you great joy and laughter.

2. Name a time when you helped someone get through a challenging moment with the gift of laughter.
