



## ***The Medicine Cabinet: Week 3 — “Laugh Often”***

**CONNECT:** Who’s the funniest friend in your circle? What’s your favorite memory with them?

### **GROW:**

1. In his book *The Knowledge of the Holy*, pastor and author A.W. Tozer wrote, “What comes into our minds when we think about God is the most important thing about us.” What comes to mind when you think about God? What has contributed to this picture?
2. **Read Genesis 21:1-7.** In the opening book of the Bible, we get a clear sense of God’s humor. God blessed Abraham and Sarah with their son Isaac (whose name means “laughter”) despite their “old age.” When have you witnessed one of these “God wink” moments in your life?
3. **Read Psalm 126:2-3.** Laughter and joy should be our natural response in light of the great things God has done for us. Where have you seen God move in your life or the lives of those closest to you during this season? How have you celebrated?
4. **Read Ecclesiastes 3:4.** The author tells his readers there is a time for weeping **and** laughing as well as a time for mourning **and** dancing. Do you tend to compartmentalize your faith? If so, how?
5. **Read Proverbs 17:22** and **Galatians 5:22-23.** According to these two passages, having a joyful heart is not only “good medicine,” but joy is also listed as a fruit of the Spirit. What does it mean to have joy? Why is this so vital in life, especially as it pertains to our faith?
6. **Read John 10:10.** Jesus explains to His listeners that the reason He came was so we might have life to the fullest measure. In other words, life is meant to be enjoyed not simply endured. How do we practically fight for joy as followers of Jesus?

**PRAY:** Read, pray, and meditate on **Psalm 34:18.** We all know someone who’s currently in a season where they’re not experiencing joy and feel defeated. Ask God to restore their broken heart and crushed spirit. Also, ask God to reveal how you can be a light during this dark time.

**NEXT:** Jesus spent intentional time with children, so it’s probably safe to say He experienced His fair share of laughs in this context. Prayerfully consider how you can organically connect with kids sometime this week. If you’re looking for a more tangible option, would you prayerfully consider being involved in our Children’s Ministry or Student Ministry?