

**Key Scripture:**

Mark 13:28 NLT

"Now learn a lesson from the fig tree.

When its branches bud and its leaves begin to sprout, you know that summer is near.

**To laugh or not to laugh...**

Genesis 18:10-15 NLT

10 Sarah was listening to this conversation from the tent. 11 Abraham and Sarah were both very old by this time, and Sarah was long past the age of having children.

12 So she laughed silently to herself and said, "How could a worn-out woman like me enjoy such pleasure, especially when my master—my husband—is also so old?"

13 Then the Lord said to Abraham, "Why did Sarah laugh? Why did she say, 'Can an old woman like me have a baby?' 14 Is anything too hard for the Lord? I will return about this time next year, and Sarah will have a son." 15 Sarah was afraid, so she denied it, saying, "I didn't laugh." But the Lord said, "No, you did laugh."

**Why should Christians laugh?**

✓ **Laughter and joy are good for us.**

Proverbs 17:22 NASB

A joyful heart is good medicine,

✓ **God wants to fill us with laughter and joy.**

Job 8:19 NLT

He will once again fill your mouth with laughter and your lips with shouts of joy.

✓ **Joy is available regardless of our circumstances.**

2 Corinthians 6:10 NLT

Our hearts ache, but we always have joy. We are poor, but we give spiritual riches to others. We own nothing, and yet we have everything.

✓ **Joy is a characteristic of citizens in the Kingdom of God.**

Romans 14:17 NKJV

for the kingdom of God is not eating and drinking,  
but righteousness and peace and joy in the Holy Spirit.

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**Laugh Out Loud**

John 10:10 AMP

The thief comes only in order to steal and kill and destroy. I came that they may have and enjoy life, and have it in abundance (to the full, till it overflows).

**1. Lighten Up - Joy is a choice.**

2 Samuel 22:29 NLT

*O Lord, You are my lamp. The Lord lights up my darkness.*

Psalm 16:11 NKJV

You will show me the path of life; In Your presence is fullness of joy;

At Your right hand are pleasures forevermore.

**2. Overflow - Joy connects and builds relationships.**

John 15:10-11 NLT

10 When you obey My commandments, you remain in My love, just as I obey My Father's commandments and remain in His love. 11 I have told you these things so that you will be filled with My joy. Yes, your joy will overflow!

Genesis 21:6 NKJV

And Sarah said, "God has made me laugh, and all who hear will laugh with me."

Galatians 5:22-23 NLT

22 But the Holy Spirit produces this kind of fruit in our lives:  
love, joy, peace, kindness, goodness, faithfulness, 23 gentleness, and self-control.  
There is no law against these things!

**3. Look - Joy is experienced when the lost are found.**

Luke 15:7 NLT

In the same way, there is more joy in heaven over one lost sinner who repents and returns to God than over ninety-nine others who are righteous and haven't strayed away!

Romans 4:7-8 NLT

7 "Oh, what joy for those whose disobedience is forgiven, whose sins are put out of sight.

8 Yes, what joy for those whose record the Lord has cleared of sin."

**Notes:** \_\_\_\_\_  
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