



Don't Lose Your Laugh

He will yet fill your mouth with laughter and your lips with shouts of joy.— Job 8:21

As we age there are so many things that disappear without any reason nor explanation. No one tells us to stop. There aren't rules against it. We just stop. Something that is unknown draws us away to new aspects of life that causes childlike amnesia. We lose those simple things that brought such joy and laughter. The saddest part of this transition is that we don't even remember that we don't remember.

Like skipping. When did we stop skipping? It didn't stick around until we were unable to skip. In fact, I did some stretches first, I could skip now at 52 (2021). And it was so fun. I would laugh and giggle. I loved skipping, and then I turned around and "poof" it was gone. It seems skipping exited the room long ago. And it didn't even say goodbye.

And what about its close friend, spinning. Remember spinning. All you needed was a clear area, preferably on grass although it wasn't a must. If it was partly cloudy, you could watch the clouds spin like your favorite record. And that dizzy drunk feeling. Two or three steps and you were down faster than a Tyson punch to the jaw. And I would laugh until the moment my head and body would let me up.

Where did they go? And their friends. The merry-go-round (especially over gravel). Chase. Tag. Foursquare. Monkey bars. Not to mention all of the make-believe games.

They were some of the simplest times, doing the simplest things. And it brought such great happiness. Such joy. The world was never better, and the laughter never seemed to end. Things were just what they were and problems didn't seem so big and overwhelming. It even seemed God was laughing.

Of course, He was. What father doesn't enjoy watching his children laughing? Sitting there watching them enjoy a world He created. Doing things He designed them for. Reacting to His creation with the emotions He put there. All of them. Wonder. Surprise. Anger. Sadness. And laughter.

Ha! Laughter! (Looking around) When did he leave?

Don't lose laughter. You've lost skipping and spinning. But keep laughter. You need it. We need it. And God loves watching us laugh.

From My Heart,

Billy