



Faith Missionary Baptist Church

BIBLE STUDY

[Tuesday & Wednesday]

August 18-19, 2020



LESSON 3

Know That Laughter Is Good Medicine

Gen. 18:12, Job 8:20-22, Pro. 17:22, Eccl. 3:4,

INTRODUCTION

God has blessed us with the gift of laughter. As we can cry when we are hurting or sad, we also can laugh. Laughter is like a release valve that reduces the pressure from our life. Laughing is the opposite of crying. However, at times the both can overlap together. There are different types of laughs. There is a smirk laugh when one thinks he or she has gotten away with wickedness. There is a sarcastic laugh which makes fun of others. Then there is the legitimate laugh that does not hurt anyone. It is this type we want to address in our lesson today. Imagine what life would be like without laughter. I have seen people who take life far too serious to the point they refuse to laugh. They spend most of their time wearing an angry face of frustration. When a person lives this way they are the prime targets for high blood pressure, ulcers, heart attacks and strokes. If we cannot laugh at anyone else we should be able at times to laugh at ourselves.

1st Reading-Genesis 18:6-15.....*Sarah Laughs At The Seemingly Impossible*

- A. *God promises Abraham and Sarah a son.*
- B. Their situation: old, and well stricken in years. (The odds grim)
- C. Sarah laughed within herself. (God heard and saw the laugh)
- D. Sarah's statement: I'm old, my husband is old.
- E. Question: What kind of laugh do you think it was for Sarah?
- F. God reports Sarah's laugh to Abraham.
- G. God's challenging question: Is there anything too hard for God?
- H. Sarah denies her laugh before God. Why?

2nd Reading-Job 8:20-22.....*Job's Confession: God Will Fill You With Laughter*

- A. *God will not reject the righteous*
- B. God will fill the righteous mouth with laughter.

3rd Reading- Psalm 126:1-3.....*Things Worth Laughing About*

- A. *God has done great things for us*
- B. God has turned away our captivity.
- C. God has filled our tongue with singing
- D. The unbelievers will take notice of God's deliverance.

4th Reading-Proverbs 17:22.....*Laughter Is Medicine*

- A. *Laughter comes out of a merry heart.*
- B. Medicine heals.
- C. Laughter takes the mind from the worries and cares.
- D. Scientists say laughter is good for the body.

5TH Reading- Ecclesiastes 3:4.....Laughter Has A Time And Season

A. Laughter at times may be inappropriate

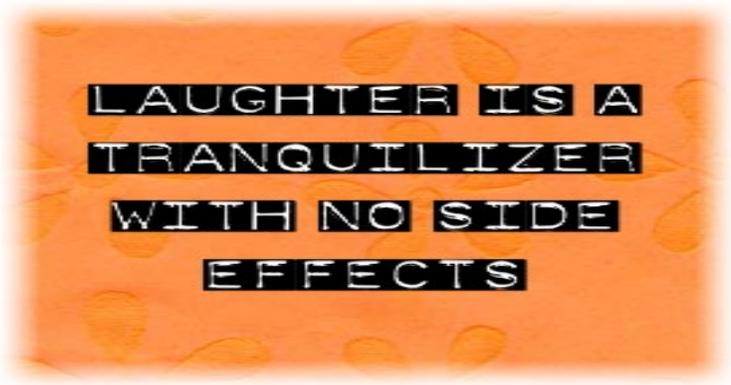
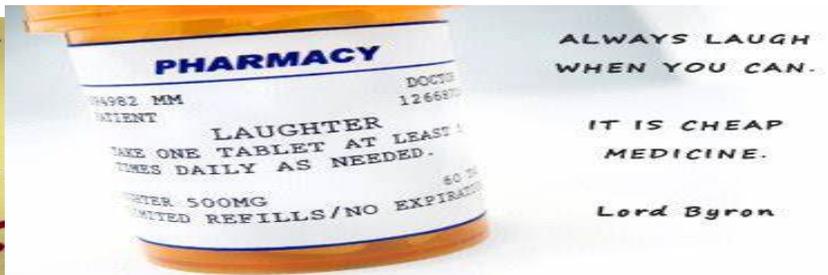
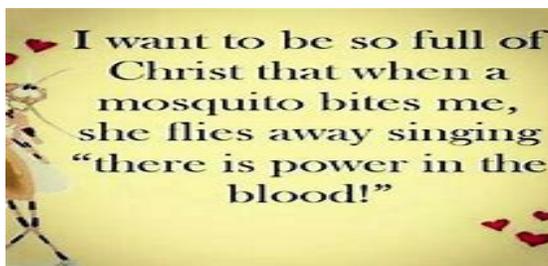
B. When?

- ❖ If it mocks
- ❖ If it insults
- ❖ If it smirks wrong.

C. Laughter is appropriate when it uplifts, encourages and does no harm

Spiritual Applications of The Lesson

1. A good laugh is medicine for the soul.
2. God gave us the gift of laughter so intends for us to use it.
3. Be careful in laughing to be clean.
4. Find time and opportunity to laugh at yourself.
5. You can laugh in your darkest hour.
6. LAUGHTER BRINGS JOY
7. LAUGHTER IS CONTAGIOUS.



MEMORY VERSES: "A merry heart doeth good like a medicine: but a broken spirit drieth the bones."-----Proverbs 17:22

**LAUGHTER IS A
TRANQUILIZER
WITH NO SIDE
EFFECTS**

