

The Joy of Life | Stephen Ministry

A few weeks ago while meeting with my care receiver we were talking and sharing some recent events, when all of a sudden we looked at each other and just cracked up laughing. Not just a chuckle – oh no! We both had tears streaming down our faces from something extraordinarily funny. After we recovered from all that, our conversation turned to humor and God’s wonderful gift of laughter and shared joy.

Laughter is the sound of relationship – laughter requires another person. Kinda’ makes you smile, doesn’t it?

In the midst of our pain and heartaches, God has given us gifts of beautiful mountains, giant snowflakes falling from the sky while the sun shines, friends who comfort us, love, and endless reasons to be grateful. Art Linkletter said that “Laughter is the best medicine.” It is more infectious than any cold or flu. It can be the salve that gets you through a tough day – it’s an attitude of grace. God gives each of us the gift of laughter and humor because he knows we need it. God supplies us with strength and grace enough to get through each day -“give us this day our daily bread”.

Stephen Ministry is serious business, but believe me, God’s gifts of laughter and humor are ever present even as we struggle and strive to deal with life’s difficulties, disappointments and brokenness.

If you are struggling, feeling alone and would like someone to share the walk of your journey, a Stephen Minister is available for you. Contact Pastor Rick or Brice Harris and you’ll not be alone.

A cheerful look brings joy to the heart, and good news gives health to the bones. Prov. 15:30

~Judy Chandler