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*Then our mouth was filled with laughter and our tongue with shouts of joy.*

*Psalm 126: 2a*

This week’s meditation was written by Bass Mitchell from his book; *In Every Blade of Grass.*  This reflection is all about laughter, something that we may find difficult these days. In so many ways, laughter seems to be fading from us. Many of us may find ourselves confronted with health or financial challenges. So, it’s no surprise that laughter might be difficult for us.

But Mitchell’s reflection about laughter and this passage from Psalms remind us that laughter is a gift from God. Mitchell writes: “God gives us humor to help us cope with life. Laughter is like a shock absorber on a car. It helps us absorb the bumps and get over the potholes. Laughter can sometimes keep us moving along when the road gets steep and the going gets tough.”

Mitchell goes on to tell about a road trip he and his family were taking. Mitchell points out and most of us know that long car trips can sometimes become challenging, in spite of the distractions from I-pad and YouTube entertainment. Anyway, Mitchell describes a game he and his family played, called “The Story Game.” It’s a game where one person begins to make up a story and suddenly stops and tells someone else to pick up the story. The game can go on and on with some hilarious results.

I remember playing this game as a child and playing it with my children. When I was teaching, from time to time, I played this story game with my students. At some point someone would say something ridiculous and everyone ended up laughing.

Mitchell’s game had the same results. It seems that one of his children said as her contribution; “And he went outside and went for a walk in his car…” And that remark stopped the game as everyone in the car giggled and laughed for a long time.

Laughter does indeed help us cope, it relieves tension. Laughter has a healing effect and sometimes it can become contagious. We know that laughter can make us feel better and indeed it’s good for us to laugh. It’s just that sometimes we feel we shouldn’t laugh. We tell ourselves we should be serious, we should be quiet.

But laughter is truly a gift from God. Go ahead and laugh, laugh at a joke, laugh about a memory or story. We should laugh at ourselves as well. That just keeps everything in perspective.

Mitchell ends his meditation with this prayer. “God, if it’s true that we are made in your image, then you must enjoy laughter. We thank you for this great and good gift that often breaks tension, that gives a lift when we are feeling low, that brings added joy to the journey—a gift we can give to the world that very much needs it.”

Blessings, Peace and Laughter

Pastor Diane