



Shepherd's Call

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God's Gift of Laughter by Evelyn Horan from "The Lutheran Message"

Sometimes when we feel stress and concern from our daily experiences, we prayerfully turn to God for His understanding help. Often, we receive help from our Heavenly Father through His gift of laughter to us, as He uses our friends and family to help relieve the pressing tension that has occurred. Then, we are able to regain our good judgment to solve our problems. At such times, lighthearted laughter and smile or cheery comment can lighten the difficult burden.

I'm certain many of us can recall times when a friend or family member has been aware of our concern and has tried to ease the situation with a humorous approach to the problem.

In sharing lighthearted laughter from their remarks, "Hang in there! You can solve the problem.." "You can do it.." "We're backing you.." "You're a mighty problem-solver. Go for it!"

"Oh sure," we say, "easy as jumping over a log, as long as it's not too big. Remember I have short legs!" We all laugh heartily and that smoothes out the past tensions.

With a feeling of relief, and a happy attitude, we can now look at the situation clearly, with confidence in our ability to meet its challenges. Because God's gift of laughter, through caring friends and family, has helped, and now we are renewed and fresh with clear thinking. We can approach methods to solve our problem which seemed too difficult, only moments before.

With much relief, we turn gratefully to a caring God whose bountiful love and understanding provide a way for His children to overcome the pressures of life that can come from stressful living or stressful times. It is easy to believe we should happily praise our God for His goodness to us in giving us the gift of laughter to share with one another.

We joyfully sing our songs of praise, like David the Psalmist, with sincere gratitude and thankfulness, as we try to fulfill God's desires for us. And now, with God's gift of laughter, provided to us through friends and family, we often find our problems are no longer insurmountable, and, as they become solvable, our daily struggles and concerns begin to seem minor indeed.