



Discussion Guide

Ice Breakers: What was the best thing about your Thanksgiving celebration this year? Share about any unexpected or out of the ordinary happenings that you experienced.

1. What's your position on laughter? Do you laugh out loud at the drop of a hat, or does it take a concerted effort of a gifted comic for you to even give in to a quiet chuckle? How long has it been since you laughed until you cried?
2. Can you picture Jesus laughing? If you've read about the things that the disciples did and said, can you believe that he didn't laugh on a regular basis? Does that thought shock or comfort you? Why?
3. Laughter, tears of joy, what amazing gifts of God! They not only make us feel good in the moment, but also help keep us healthy long term. Read Proverbs 17:22. How are you ensuring that you have regular doses of "laugh till you cry" moments?
4. How did it make you feel to hear that tears of joy/laughter are actually good for our emotional health? Read Proverbs 15:13. What are some of the ways we can promote a glad heart? How can making people laugh help change their lives?
5. Besides being good for our physical and emotional health, how are tears of joy/laughter good for our spiritual health? See Psalm 126:1-2.
6. What surprised you most about Pastor Tom's statement that it isn't true that to be a Jesus-follower you have to be somber and joyless and the follow up bullet points?
7. What needs to happen in your life to ensure that God is first in your life, ensuring that everything else, including joy and laughter, can fall into place?

Personal Guide

Day One: Proverbs 16

Day Two: Proverbs 17

Day Three: Proverbs 18

Day Four: Proverbs 19

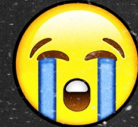
Day Five: Proverbs 20



FOR



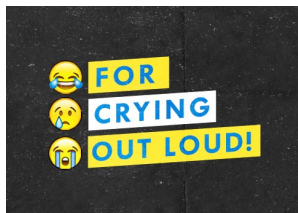
CRYING



OUT LOUD!

**MESSAGE NOTES &
SMALL GROUP GUIDES**

"LAUGH 'TIL YOU CRY"
DEC. 1, 2019



“Laugh ‘Til You Cry”

[Tom Lundeen, Senior Pastor]

MESSAGE NOTES

Note Psalm 56:8; 31:9; Genesis 29:11; 45:2

If you mistakenly assume that tears _____ some kind of weakness or character flaw, try explaining that to Jesus (note Hebrews 5:7; John 11:35)

Note Ecclesiastes 3:4a

Why are tears of laughter/joy such an important _____ of God to us? Because they are:

1. Good for Our _____ Health (note Proverbs 17:22; 14:30)

It is known that certain illnesses are either caused by or made worse by _____ emotions...

Note Proverbs 18:14

We only need to look as far as the _____ to learn how laughter actually has been shown to help with healing...

So _____ more.

2. Good for Our _____ Health (note Proverbs 12:25a and 15:13)

...tears of joy/laughter have been shown to release some chemicals in the brain and body that have been shown to cause _____, and so it _____ our internal load.

Note Psalm 94:19; Proverbs 15:30

3. Good for Our _____ Health (note Psalm 126:1-2)

One of the greatest myths/untruths about being a follower of Jesus is that you have to be somber and _____

- Jesus expressed joy (note Luke 10:21).
- Jesus intended His joy would _____ our lives (note John 15:11).
- He _____ for us to experience joy (note John 17:13).
- An _____ characteristic of the 1st century Church was joy (note Acts 13:52).
- Joy is to be a _____ part of walking with Jesus (note Romans 15:13; Philippians 1:25).
- Joy is one of the primary ways that the _____ of the Spirit (love) is manifested (note Galatians 5:22a).

The words “joy...happy...delight...glad” are all used _____ (note Psalm 92:4 and 32:11).

7 different _____ of happiness (Murray): Nature, Social, Vocational, Physical, Intellectual, and Humor Happiness.

7th kind = _____ Happiness (It contains more pleasure and delight than the other 6 _____).

Note Psalm 32:1-2

Being right with God gives a significant, _____-based happiness.

It's based on the truth that you are made right with a happy God of Scripture who created and wired you to be happy. (Alcorn)

What God's gift of tears tell us:

- You can't get _____ things by putting them first. You get _____ things only by putting first things first. (C.S. Lewis)
- When God is _____ in our lives, then everything else, including happiness, falls into place.

Tell someone about the next step you took today in your spiritual journey. You can also use the connect card to let us know about your commitment, too!



“Laugh ‘Til You Cry”

[Tom Lundeen, Lead Pastor]

MESSAGE NOTES

Note Psalm 56:8; 31:9; Genesis 29:11; 45:2

If you mistakenly assume that tears indicate some kind of a sign of weakness or character flaw, try explaining that to Jesus (note Hebrews 5:7; John 11:35)

Note Ecclesiastes 3:4a

Why are tears of laughter/joy such an important gift of God to us? Because they are:

1. Good for Our Physical Health (note Proverbs 17:22; 14:30)

It is known that certain illnesses are either caused by or made worse by negative emotions...

Note Proverbs 18:14

We only need to look as far as the Mayo Clinic to learn how laughter actually has been shown to help with healing...

So laugh more.

2. Good for Our Emotional Health (note Proverbs 12:25a and 15:13)

...tears of joy/laughter have been shown to release some chemicals in the brain and body that have been shown to cause depression, and so it lightens our internal load.

Note Psalm 94:19; Proverbs 15:30

3. Good for Our Spiritual Health (note Psalm 126:1-2)

One of the greatest myths/untruths about being a follower of Jesus is that you have to be somber and joyless...

- Jesus expressed joy (note Luke 10:21).
- Jesus intended His joy would fill our lives (note John 15:11).
- He prayed for us to experience joy (note John 17:13).
- An observable characteristic of the 1st century Church was joy (note Acts 13:52).
- Joy is to be a normal part of walking with Jesus (note Romans 15:13; Philippians 1:25).
- Joy is one of the primary ways that the fruit of the Spirit (love) is manifested (note Galatians 5:22a).

The words “joy...happy...delight...glad” are all used interchangeably (note Psalm 92:4 and 32:11).

7 different types of happiness (Murray): Nature, Social, Vocational, Physical, Intellectual, and Humor Happiness.

7th kind = Spiritual Happiness (*It contains more pleasure and delight than the other 6 put together*).

Note Psalm 32:1-2

Being right with God gives a significant, reality-based happiness.

It's based on the truth that you are made right with a happy God of Scripture who created and wired you to be happy. (Alcorn)

What God's gift of tears tell us:

- You can't get 2nd things by putting them first. You get 2nd things only by putting first things first. (C. S. Lewis)
- When God is first in our lives, then everything else, including happiness, falls into place.

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