

Humor in Your Life

Proverbs 17:22, "A joyful heart is good medicine, but a crushed spirit dries up the bones."



There's no substitute for having a good laugh. Laughter is an excellent technique to develop a positive mindset. Take other people seriously and show respect, but take yourself lightly and not too seriously.

Life is amusing, and fun.

Life can be funny -- can you?

Answer for yourself and use for group discussion:

When was the last occasion where you laughed at yourself?

Do you ever use laughter to defuse stressed scenarios and encounters?

Who will you provide a smile and some laughter to today?
