

THE BENEFITS OF JOY AND LAUGHTER

(1) JESUS IS THE SOURCE OF ALL JOY

Neh. 8:10 Then he said unto them, Go your way, eat the fat, and drink the sweet, and send portions unto them for whom nothing is prepared: for *this day is holy* unto our Lord: neither be ye sorry; for the joy of the LORD is your strength.

Rom. 15:13 Now the God of hope fill you with all joy and peace in believing, that ye may abound in hope, through the power of the Holy Ghost.

John 15:11 These things have I spoken unto you, that my joy might remain in you, and that your joy might be full.

Zeph. 3:17 The LORD thy God in the midst of thee *is mighty*; he will save, he will rejoice over thee with joy; he will rest in his love, he will joy over thee with singing.

(2) JOY AND LAUGHTER ARE OUR STRENGTH (stronghold)

Neh. 8:10 Then he said unto them, Go your way, eat the fat, and drink the sweet, and send portions unto them for whom nothing is prepared: for *this day is holy* unto our Lord: neither be ye sorry; for the joy of the LORD is your strength.

James 1:2 My brethren, count it all joy when ye fall into divers temptations;

James 1:3 Knowing *this*, that the trying of your faith worketh patience.

James 1:4 But let patience have *her* perfect work, that ye may be perfect and entire, wanting nothing.

STRENGTH (Heb – maw-oze') A fortified place, a defense, fort, stronghold.

(3) JOY AND LAUGHTER BENEFITS OUR HEALTH

(1) Lowers or balances blood pressure and increase vascular blood flow

(2) According to researchers, laughing 100 times is equivalent to 10 minutes on a rowing machine or 15 minutes on the stationary bicycle

(3) Researchers discovered that laughing may positively affect blood glucose (sugar) levels that effect diabetes

(4) Releasing endorphins (peptides that offer a feeling of well-being and help with pain management.

(5) Laughter allows humans to connect, bond and communicate with each other.

(6) Laughter is the hypothetical knife that cuts tension from a room, allowing you to relax. Laughter also relaxes muscles.

(7) Laughter aids in healing the respiratory system

(8) Laughter can aid in healing irritable bowel syndrome and diverticulosis.

(9) Laughter has been shown to increase levels of salivary immunoglobulin A (IgA), an important antibody that fights bacteria and infections, especially those in the respiratory system.

(10) Laughter has been proven to stimulate and enhance brain waves and memory

(4) FELLOWSHIP WITH JOYFUL, LAUGHTING PEOPLE !

Acts 2:42 And they continued stedfastly in the apostles' doctrine and fellowship, and in breaking of bread, and in prayers.

1John 1:3 That which we have seen and heard declare we unto you, that ye also may have fellowship with us: and truly our fellowship *is* with the Father, and with his Son Jesus Christ. 1John 1:4 And these things write we unto you, that your joy may be full.

Phil. 2:2 Fulfil ye my joy, that ye be likeminded, having the same love, *being* of one accord, of one mind.

(5) JOY COMES IN CONTINUEING TO HEAR THE "GOOD NEWS"

Psa. 19:8 The statutes of the LORD *are* right, rejoicing the heart: the commandment of the LORD *is* pure, enlightening the eyes.

(6) JOY IS A SACRIFACE THAT CAN BE "VOICE ACTIVATED"

Prov. 15:23 A man hath joy by the answer of his mouth: and a word *spoken* in due season, how good *is it!*

Prov. 16:24 Pleasant words *are as* an honeycomb, sweet to the soul, and health to the bones.

(7) JOY COMES WITH OBEDIENCE

Matt. 25:23 His lord said unto him, Well done, good and faithful servant; thou hast been faithful over a few things, I will make thee ruler over many things: enter thou into the joy of thy lord.

(8) JOY COMES IN POURING OUR LIFE INTO OTHERS (saul)

Matt. 25:40 And the King shall answer and say unto them, Verily I say unto you, Inasmuch as ye have done *it* unto one of the least of these my brethren, ye have done *it* unto me.

(9) JOY COME IN KNOWING OUR "GOD GIVEN AUTHORITY"

Luke 10:17 And the seventy returned again with joy, saying, Lord, even the devils are subject unto us through thy name.

(10) JOY IS VITAL FOR OUR FAITH

Heb. 11:1 Now faith is the substance of things hoped for, (JOYFULLY EXPECTED) the evidence of things not seen.