

A laugh a minute?

Heather has been pleased to hear me laughing aloud this week, something I have not been doing so much recently. Excellent, that I can still physically manage it, which is good with my condition. What makes you laugh aloud? A family member with a quick wit? A friend's telling of something they saw recently? A good joke or a particular programme on the telly? Whatever.

An Old Testament sequence begins as one of the options in the C of E reading plan for this week. It begins with a promise. The one the Good Lord made to a certain Abraham, which Sarah 'overheard' as she was 'passing by'. Even though she was trying to listen quietly she couldn't help but laugh. Herself and Abraham were to have a son, despite them being quite elderly, so no wonder. The problem was, the promise would take a year or two to come to fruition. During that time Sarah and Abraham just couldn't trust the promise and wandered from God's plan for them. Fortunately for them God's faithfulness was not affected and they received their promise with a son named Isaac. His name literally means to laugh!

According to numerous health organisations laughter benefits your body, mind, and social connections by reducing stress, boosting immunity, easing pain, and strengthening relationships. Wow! If only that could be bottled and taken three times a day. It would not only lower the pressures on the NHS, but would help just about everyone you know. That's a dream of course, albeit a fine one and life isn't always a dream. It does show us though, that we are improved when we allow ourselves to laugh, even in the midst of struggles. And we can know that God has a sense of humour with us. After all he named one of his founding fathers 'he laughs', after his mum split her sides at God's outrageous promise!



Go well.