

March 31, 2020 Devotion – “A Timely Scripture”

“Our mouths were filled with laughter, our tongues with songs of joy” Psalm 126:2 (NIV)

I saw something last night and I started laughing out-loud with tears flowing down my cheeks. My friend Tom posts the funniest things, I call them “Tom’s Do You Remember” posts. Young people probably wouldn’t find them funny; our sons would roll their eyes or shake their heads.

Recently I have intentionally looked for Tom’s postings, hoping to have a good chuckle after a long day. I am never disappointed! I’m sure many of you might say the same thing, we know “laughter is the best medicine”. We miss getting together with friends for coffee or lunch. We have certain people in our lives who just make us smile when we are with them. We can continue being with them, just in different ways: by phone, email, texts and FaceTime. Shared laughter is a gift, a holy antidote to our daily challenges. Psalm 126 is a song of ascent; people are returning to Zion after 70 years of captivity in Babylon. Verse 2 is the key verse for us today: “our mouths were filled with laughter, our tongues with songs of joy.”

Let’s make a promise to ourselves, we will look for something each day that will make us smile or laugh out loud. I wish I could share with you the post my friend had on FB, but it had a word or 2 that may raise some eyebrows, so I will tell you a post he had that you may have seen. It’s something I can relate to having a dog and 2 cats!

“You thought dogs were hard to train. Look at all the humans that can’t sit and stay.”

Let us pray:

Almighty God, help us to harness the power of laughter in our lives; show us how to find humor in these times of sickness and concern; open our minds so that our hearts will be filled with gladness with joyful songs bubbling from our mouths. May we also be able to laugh at ourselves and move towards seeing humor in different situations. Thank you, Lord, for the gift of holy laughter and the wisdom to embrace it. In Jesus name we pray, Amen

Have a blessed day filled with laughter!

Pastor Linda