

Study Guide
Laughter – The Fun Weapon of God Week 2
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Hebrews 12:1-2 (NLT) – ¹Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us. ²We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith. Because of the joy awaiting him, he endured the cross, disregarding its shame. Now he is seated in the place of honor beside God’s throne.

How many of your days are filled with worry and dread?

When was the last time someone said to you, “What’s going on with you? You’ve been in such a great mood this week?”

Every day we are inundated with bad and sad news on social media, television, and radio. We hear drama and complaints from friends, family, co-workers, and acquaintances. Joyfulness and laughter have become rare commodities in our nation.

Are your days more often filled with bad and sad news or joyfulness and laughter?

God has placed in every Christian an overflowing reservoir of joy. It is God’s will for us to experience overflowing joy in this life, regardless of the circumstances we encounter.

How do you describe and define joy?

Joy is an inner appreciation and a sense of satisfaction. Joy can be expressed in outward actions such as laughter, dancing, shouting, singing, but also in contentment, general gratitude, optimism, and a sense of freedom. Joy is the celebration in our hearts. Most of us haven’t realized we have a full supply of joy resident inside of us. We have been pursuing “happiness.”

Discuss how joy differs from happiness.

Happiness is a wonderful emotion and fun state of being, but happiness can never be maintained continually. It is a feeling that depends on something good happening; it is totally dependent on circumstances. Pursuing happiness is like riding a rollercoaster filled with ups and downs.

Describe a time in which someone or something very quickly impacted your happiness.

Joy is internal and its foundation is in the love of God which never ceases or diminishes. Joy is celebration in the heart of the believer for what God has done. Joy is not dependent upon a feeling; joy is dependent on knowing.

What are some Biblical truths that you can find joy in?

Discuss verses that can bring joy even in the midst of unhappiness.

Read Galatians 5:22-23.

Which of these attributes do you see in your life?

Each one of the fruits of the spirit reside inside you right now. You might not be exercising them or walking in them, but they are in you.

Read Hebrews 12:1-2 again.

How was able to Jesus endure the cross?

The writer of Hebrews tells us that we are surrounded by people who have successfully navigated the pain and burdens of life, and they did it by faith.

Discuss the torture, pain, persecution, humility, and embarrassment that Jesus endured.

Jesus made it through an unspeakable and unjust death, but never lost His faith because of the joy awaiting Him. He left us an example on how to get through the unhappy, miserable moments of life. We do this by tapping into the joy of the Lord that is inside of each of us.

Read Nehemiah 8:10.

What is your strength?

Joy is a spiritual force that helps us release our faith, it strengthens us spiritually and promotes healing physically.

Read Isaiah 12:2-3.

Have you ever prayed and cried about something and hoped God would see your need and lack and come to your rescue?

God is not moved by need; God is moved by faith.

Read 2 Corinthians 9:6-8.

What does this verse say you will have abundance and sufficiency in?

Instead of praying and crying about our lack and need, we need to be diligent in reminding God of His abundance and promised provision.

How can you be intentional about not dwelling on the lack and focusing on the promised provision?

Proverbs 17:22 (NKJV) – A merry heart does good, like medicine, but a broken spirit dries the bones.

What are some benefits of laughter that you have experienced?

How can we take the supernatural joy God provides and apply it to our natural life?