

Study Guide
Laughter – The Fun Weapon of God
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Romans 14:17-18 (NLT) – ¹⁷ For the Kingdom of God is not a matter of what we eat or drink, but of living a life of goodness and peace and joy in the Holy Spirit. ¹⁸ If you serve Christ with this attitude, you will please God, and others will approve of you, too.

When was the last time you experienced one of those “hilarious belly laughs?”

How long has it been since you got so tickled, you had to pause and catch your breath because you laughed so hard?

Describe what you remember about your last “hilarious, unable to breathe belly laugh.”

It is God’s will for us to experience joy. God wants every one of His children to experience abundant joy with laughter.

Read Psalms 126:1-2.

Share some of the great things the Lord has specifically done for you.

We are pleasing to God and a blessing to others when we experience overflowing joy with laughter. It is the way God desires that we live our lives for Him.

Would you describe yourself as someone who is overflowing with joy? Why or why not?

Describe a time in which you experienced joy because of someone else?

We live in a high stress, frustrating environment, and it’s easy to allow the frustration, anger, and stress we encounter daily to invade our lives. When we allow the stress and frustrations of life to get on us, it will rob us of a divine source of help and strength - God’s joy!

What causes you frustration, anger, and stress?

How have these things robbed you of your joy?

As children of God, we must remember that we have a reservoir, a stockpile, an overflowing supply of joy on the inside of us! On even your worst day, you have a laugh inside of you; it’s called the joy of the Lord.

When was the last time you felt or experienced the joy of the Lord?

Read John 15:9-11 and John 17:13.

What does Jesus say about joy in these verses?

Often when people think of joy, they think of happiness, but happiness is a glad feeling that depends on something good happening. Happiness is totally dependent on circumstances. It is God’s will for us to experience overflowing joy in this life, regardless of the circumstances we encounter. Happiness is a wonderful emotion and fun state of being, but Christ’s followers have something deeper, richer, and better than happiness; we have joy!

Happiness can never be maintained continually. If our ultimate goal in life is to be happy, we will wear ourselves out and spend all of our resources trying to stay in a place that is impossible to remain in.

What are some things that you have done to increase your happiness, but they were unsuccessful in doing so or only provided temporary happiness?

Happiness is dependent upon favorable external conditions whereas joy is internal. Joy is an inner appreciation and a sense of satisfaction due to the reality that we are in Christ and Christ is in us. Joy is the celebration in the heart of the believer for what God has done. Joy is not dependent upon a feeling; joy is dependent upon knowing.

2 truths about joy:

- 1.) Joy is a fruit of the Spirit, and it is resident inside you.
 - Read Galatians 5:19-23, 1 Corinthians 6:19, John 14:16-17, and Ezekiel 36:27.
 - As a child of God, you have the Spirit of God living on the inside of you every day.
 - When the Spirit of God came to dwell inside of you as a believer, ALL of the attributes of the Holy Spirit came to dwell inside of you as well.
 - If you have accepted Jesus as your Lord and Savior, right now, at this moment, you have the fruit of the Spirit inside of you.
- 2.) Fruit must grow and mature before you enjoy the benefits of it.
 - We have joy on the inside, but we must continually water and nurture the seed of joy before it ever becomes a consumable fruit in our lives.
 - Every day things come our way to steal and hinder our joy, so we must protect and nurture the fruit of joy inside us.
 - What are some ways you can protect and nurture the joy inside you?

How to grow the fruit of joy in your life:

- 1.) Get in an environment where your joy can grow.
 - Psalm 16:11 (NKJV) - You will show me the path of life; In Your presence is fullness of joy; At Your right hand are pleasures forevermore.
 - In God's presence is fullness of joy.
 - Describe the first time you experienced the presence of the Lord.
 - Where have you experienced the presence of the Lord?
 - When was the last time you experienced the Lord's presence?
- 2.) Read and rehearse the Word of God.
 - Jeremiah 15:16 (NLT) - When I discovered your words, I devoured them. They are my joy and my heart's delight, for I bear your name, O Lord God of Heaven's Armies.
 - Joy is a spiritual force that helps us release our faith, it strengthens us spiritually and promotes healing physically.
 - What was the first verse of scripture you ever memorized?
 - What was the last scripture you memorized?
 - How much time each week do you spend reading and rehearsing the Word of God.
 - Call to Action: Commit to memorizing one Bible verse this week!