

DAY 9 — Thankful for Laughter

Verse: “*A cheerful heart is good medicine.*” — *Proverbs 17:22*

Laughter is one of God’s sweetest therapies.

It doesn’t cure every problem, but it sure lightens the load while you’re walking through it. Think about the last time you laughed so hard your stomach hurt — the kind of laugh that makes you forget, just for a moment, how heavy life can be. God created that.

He designed our bodies and souls to respond to joy. Sometimes we talk ourselves into believing that because life is serious, we have to be, too. But God knew we would need relief. He knew we would face stress, heartache, exhaustion, fear, and days where we didn’t have much left in the tank. And so, He gifted us laughter:

- a child’s giggle
- an inside joke
- a moment of pure silliness
- a story that takes you back
- a friend who knows how to make you smile even on your worst day

Laughter reminds us that even in hard seasons, God hasn’t forgotten joy. He hasn’t forgotten beauty. He hasn’t forgotten to send light into the dark places. And have you ever noticed? Laughter is contagious.

It spreads quickly. It softens tension. It breaks down walls.

It pulls people together in a way nothing else can. Laughter isn’t just noise — it’s a sign that your spirit is still alive, still hopeful, still connected to joy even when sadness tries to creep in.

For some listening today, maybe it feels like it's been a long time since you've really laughed. Life has been heavy. The days have been long. The battles have been quiet and personal.

But hear this:

God can restore your joy.

Not just the polite smile... but the deep, soul-filling laughter that lifts the weight right off your shoulders.

Be thankful for laughter today — not because everything is perfect, but because God can bring joy into imperfect moments.

Laughter is proof that darkness doesn't win.

Lord, today we thank You for the beautiful gift of laughter — the joy that lifts our hearts, lightens our burdens, and reminds us that hope is still alive. Thank You for the moments that make us smile, the people who brighten our days, and the joy You place in our hearts even when life feels heavy. For those who haven't laughed much lately, restore their joy. Bring light back into places that feel dim. Send people and moments that remind them they're loved, seen, and not alone.

Teach us to embrace joy without guilt, to notice the little moments of sweetness, and to remember that a cheerful heart truly is good medicine. In Jesus' Name we pray, Amen.