



### **COVID-19 is no laughing matter, but...**

“What’s there to laugh about?” said a frustrated friend on the phone. Usually, they’re not that grumpy but this COVID-19 reality is wearing them down. I’ve noticed a few forced smiles when I’ve ventured to Wal-Mart for much needed supplies. I love seeing on-line videos of friends and their kids making do and making fun in a situation that can suck the joy out of life if you’ll let it.

*Nehemiah 8:10, Nehemiah continued, “Go and celebrate with a feast of choice foods and sweet drinks, and share gifts of food with people who have nothing prepared. This is a sacred day before our Lord. Don't be dejected and sad, for the joy of the LORD is your strength!”*

This is a sacred season – time God has given us. How we use that time is a choice. Maybe you can...

- Count your blessings – make a list – then, I bet you’ll...
- Smile, even if it’s been a while, curl up the corners of your mouth and...
- Thank God for what’s left no matter what’s lost...
- Find ways to spend time with fun people (Facebook, Snapchat, phone)...
- Share the fun – even with grumps – just don’t dwell in their disappointment...
- Watch a funny movie, learn a few new jokes, laugh at yourself...
- Play with a favorite child (even on-line patty-cake), pet, or toy...
- Make a list of funny things that have happened to you...
- Find your inner child like Robin Williams' Peter Pan, find your happy thought...

Laughing and being playful reduce stress and lead to creativity. When kids are confused or frightened they often turn a problem into a game that allows them to experiment with new solutions. Find ways to lighten your days. As an adult you may want to name your fear and size it: what’s the best, worst, and most likely outcome? Fear leads us to believe in the worst case not the mostly likely scenario.

*Proverbs 3:5-6, “Trust in the LORD with all your heart; do not depend on your own understanding. Seek his will in all you do, and he will direct your paths.”*

The more your heart is filled with trust, the less room there is for doubt and discouragement. It will remain but it does not have to dominate your days. So, for God’s sake (and your’s) laugh!

Here’s a YouTube link to a scene from Mary Poppins that may help:

<https://www.youtube.com/watch?v=yNHRXNvFmZ8>

Blessings and joy,  
...pastor Jerry