

Thursday, May 1

Read Acts 2:42-47 once again. The third idea to add life to years was to say “No” so that you can say a “True Yes.” The fourth idea is to simply laugh more. We might want to define “True Yes.” You may have your own ideas but a “True Yes” would bring you joy in participating in whatever endeavor you’ve agreed to support with your time and resources. It would be an activity or organization that feeds your soul as you participate. The danger of saying no to everything is as damaging as saying yes to everything and overextending yourself. To find balance between work, family and other interests in your life required work and honestly assessing your gifts and abilities and how you can utilize them for the good of others and yourself. Discovering and participating what you truly want to say “yes” to will allow joy to emerge in your life and give you the opportunity to laugh and love more! Write your reflections here including to what you would truly like to say “Yes!”

Friday, May 2

Acts 2:46 reads, “Day by day, as they spent much time together in the temple, they broke bread at home and ate their food with glad and generous hearts.” Sounds like the early church enjoyed being together, learning about their faith and sharing meals. They did so with glad and generous hearts. The fifth and final idea to bring joy and laughter into your life is to transform our prayer life from “Please, God” to “Please God.” When you focus on pleasing our God who created us for relationship and love, then you will know the joy of being the person God created you to be! What would this prayer transformation look like for you? Meditate on that question and write your response here.

Message Notes – April 27, 2025

*The Hope of Humor**

- I. You already know this is Holy Humor Sunday or what was known _____ centuries ago as *Risus Paschalis*.
 - A. In Latin, *risus* translates into the English word “_____” and *Paschalis* is “_____.” Side by side, the words say “_____.”
 - B. It is an opportunity to have a good laugh at the _____ and _____.
 - C. Early Christian leaders who celebrated *Risus Paschalis* often told _____ and uplifting, lighthearted _____ in the days following Easter.
 - D. _____ clearly has a sense of humor.
- II. As the centuries went by, many “Holy Humor” traditions sprang up, including _____ and jokes, to help people _____ up.
 - A. It was a common practice to dump buckets of water on people -- especially the _____ - on this day
 - B. Perhaps this is what caused Pope _____ X to end these practices long ago.
 - C. The good news is that over the past couple of decades, this *risus* has _____ from the grave and we are laughing once again.
 1. I have often used humor in my messages, in life and during _____ and _____ services.
 2. Humor and laughter are a wonderful part of _____ that God gives us and should be included in the remembrance of a person who has die.
- III. Five ideas that I believe will allow joy and humor to blossom in your lives and if not add _____ to your _____, will certainly add _____ to your _____.
 - A. First, engage in _____ and practice hospitality, especially hospitality to _____.

* Acts 2:42-47

B. Second, do one “_____” or _____ thing a day.

C. Third, say “_____” so you can sometimes say a true
“_____!”

D. Fourth, _____ a lot.

E. Fifth and finally, change your prayer focus
“_____, _____!” to “_____.”

- IV. A word of caution: As you begin to be hospitable, enjoy doing something wild or silly, saying no to say a true yes, laughing and pleasing God, you will find, step by step, a _____ in your life that casts out the _____ and tears. You may even add years to your life as you add life to your years!

Daily Devotional Guide

The following is a daily devotional and study guide meant to enhance your understanding of the message and grow as a Christian.

It is offered for your personal reflection or to share with others.

Monday, April 28

Do you enjoy laughing? This seems like an unnecessary question; however, some people may live in circumstances that are difficult

and not welcoming of laughter. What makes you laugh? What do you find funny? What kind of humor do you *not* enjoy? Do you believe laughter is healthy for you? Meditate on these questions and write your reflections here.

Tuesday, April 29

As mentioned in the message, the Latin word, *risus* translates into the English word "laughter" and *Paschalis* is "Easter." Side by side, the words say "Easter laugh." It is an opportunity to have a good laugh at the devil and death knowing how God through the Risen Christ, conquered death. The purpose of *Risus Paschalis* is to literally laugh in the face of death. Pastor Jack mentioned the use of humor in funerals and memorial services. Do you think the use of humor in such services is appropriate and helpful? In what circumstances would humor not be appropriate? Contemplate these questions and write your ideas here.

Wednesday, April 30

Read Acts 2:42-47. Five ideas on how to enjoy life and retain your good humor were offered during the message. The first is directly based on our scripture from our Holy Humor Sunday. Fellowship and hospitality are an important part of our Christian life. Being intentional about fellowship opens up our lives to others creates vulnerability through which we learn trust and affection for our fellow human beings. The second idea is to do one wild and silly thing a day. You may not be up for this idea every day but perhaps at least once a week; even if what you do isn't wild or silly but out of the usual for you may spark joy and enjoyment for life. You could combine these concepts in having a meal with people you don't know well. You could go to a restaurant that is new to the group. Try this and see if you aren't blessed to learn about others and yourself! Write your ideas here.