



The Point



A Companion Bible Study for Individuals & Small Groups
For Message Series: *Why I....?*
Message: *Why I Laugh*

Listen:

Ask: Can you remember the time you laughed the hardest?
Name a person who really makes you laugh.

Learn:

Read Luke 6:25

- Do you believe this is Jesus giving us a prohibition against laughter?
- In context, what was Jesus really saying?

Read Ecclesiastes 7:3

- When is sorrow better than laughter?
- Put in context, what was the writer of Ecclesiastes saying?

Read Proverbs 17:22

- Do you believe laughter has health benefits?
- Describe a “broken spirit”.
- Do you believe it is possible to laugh even in the face of death?

Live: Laugh today.....and find someone else and do something to make them laugh.