

LAUGHTER IS GOOD FOR YOU



Just because we are in lockdown or for some of us getting back to the new “normal” it does not mean you can’t laugh and enjoy each other’s company even when we are self-isolating or being told to keep social distancing.

This week I wanted to keep it a little lighter and wanted to write about some fun things you can do in your women’s groups online. A fun game evening if you will.

As the Bible says in Proverbs 17:22 “A cheerful heart is good medicine, but a crushed spirit dries up the bones.”.

It is fun to share a good laugh, but did you know it also improves your health? It is good for you physically but also emotionally. Laughter even strengthens the immune system; it boosts your mood and protects you from damaging effects of stress. All the things which many of us are suffering right now with COVID-19. As the weeks drag on and a few weeks have become many weeks we need something to boost our health. Not just physically but also emotionally. And the good thing about laughter as a medicine it is fun and free.

For me I love to laugh. My sister and I can laugh at the silliest things. Only we understand why. During these days of self-isolation, I have been receiving a lot of encouraging words but also a lot of funny memes. Some have really made me laugh. And it has felt very good.

Laughter also brings people together and it strengthens relationships. All the things we want when connecting. I worked for a while in an office where I had a boss who loved to laugh. You could hear him throughout the building. Even when he was in meetings you would hear him above everyone else. And even though I did not know what he was laughing at it was contagious. So, let us have some fun.



1. Questions and answers

There are several ways you can do this. You could have a list of questions which you could ask and have everyone answer in turn. These can be everyday questions but also spiritual ones.

A few examples:

What are you reading?

What are you making or what have you made for supper today?

How have you seen God at work this week?

(If you are interested let us know and we can send you a list of questions already made for you.)

Another way to do this is to ask Would you Rather Questions. This is usually a lot of fun.

A few examples:

Would you rather....

Speak every language in the world or play every instrument?

Live in the city or live in the country?

Be a rabbit or a horse?

Have a head half as big or half as small?

Another game is asking questions to get to know each other a little better:

A few examples:

What do you like doing so much that you lose track of time?

What would you do with your life if money were not an issue?

What was your favourite thing to do growing up?



2. Quiz night

Hold a quiz online with your group. Questions about women in the Bible. Or questions about a Bible book which you as a group are reading and studying. It might even be an incentive to read a book of the Bible.

Of course, you know your group and the stage they are at in their spiritual journey so make it to fit with that. Too difficult is no fun but then again too easy is not either.



3. Board Games

You could even play a board game together online. Games like Boggle. You could have the camera on the letters. Let your imagination work.

So, try having some fun this week with your friends, groups and family. Enjoy fun which does not cost anything and become healthy while you do it.

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