

“A cheerful heart is good medicine, but a broken spirit saps a person’s strength.” Proverbs 17:22 NLT

lectio // Proverbs 17:22-25

I don't think most people value fun, funny or laughter. Especially as we grow older, like past seven years old. Unless they're an "old" soul, just watch any seven year old. EVERYTHING is funny. Well, honestly the emotional pendulum swings far from funny to tears. But when they're up, they are UP! We're supposed to shed such silliness as we age and become more serious. I've always seen funny as a value. In December 2019, close to Christmas, I dressed up as ELF and wandered the campus of Vanguard University in Costa Mesa, handing out Unicorn Poop (candy) just to bring some levity into finals week. Of course the students thought I was mental! And, even though I had permission to wander, it didn't stop campus security from trying to catch me and kick me off the school property - even though I'm a double alumni! Cheerful. The wisdom dudes did not say a "serious" heart or a "mature" heart or even a "more refined" heart. They used the word CHEERFUL. Ya know, FULL OF CHEER. Why because it's medicine to a crushed soul. It's healthy, necessary for our souls. So, quit telling me to act my age! Who wants to act their age at any age. At some point folks don't want to get older, like past 25 it's no longer fun to think, "oooh, I can't wait to be 30!" Twenty five is the new quarter life crisis point, 'cause that's when you've got to move out of your parent's house and slow your roll on playing DnD or Counterstrike all night. Life can be fun and look around, because of humanity, it is an endless supply of comedy.

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Dad,
Sometimes I think, if people think humor has no place in heaven, then why would you have created laughter? I take myself and the mundane moments of life far too seriously and it is depressing. It is a sapping experience. I see far too much humor in the Bible than I probably should, but even though you cannot be surprised by our antics, at least you can laugh about them.

contemplatio

rest in the presence of God, allowing the words revealed to take root