

# To Live Together, You Need to Laugh Together

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If you can LAUGH at it, you can LIVE with it! ~ Anonymous

## Proverbs 17:22 ~ FCV ~ The Floyd Combined Version (Unofficial)

“A merry, happy heart and a cheerful mind and disposition are good for your health and work healing like medicine, but a broken, crushed spirit of doom and gloom dries up the bones, saps your strength and leaves you tired.”

## Reader’s Digest Survey: LAUGHTER is BETTER than SEX!

Trust	63%
<b>Talking/Laughing/Fun</b>	<b>52%</b>
Compatibility	30%
Quality of Sex	13%
Frequency of Sex	9%

“One thing is certain: laughter, on a daily basis, is like taking a vitamin for your marriage.” ~ Leslie Parrott

“The lack of a sense of humor indicates EMOTIONAL CONSTIPATION.” ~ Kathy Floyd

## TO BRING MORE HUMOR INTO MARRIAGE:

Step One: EVALUATE! What are the benefits of laughing and having fun? (*Reduces pain, increases ability to cope with pain, boosts immune system, gives internal organs a workout, exercises facial muscles, increases circulation and oxygenation of tissues*) What are the consequences of NOT laughing and having fun? (*Emotional constipation, wrinkles from frowning*)

Step Two: CHOOSE! You’ll need to laugh IN SPITE OF hard times.

James 1:2 (NLT) ~ “Dear brothers and sisters, when troubles of any kind come your way, consider it an opportunity for great JOY.”

“Misery comes free. Joy, fun and laughter take planning.” ~ C.W. Metcalf

Step Three: LOOK! Grow some humor antennae! “You have stuff happening in your life that’s as funny as mine, you just have to look for It!” ~ Liz Curtis Higgs to Kathy in 2005

Look for what’s hilarious about your kids, your work, your parents, your pets, your friends – then tell each other!

“From there to here and here to there, funny things are everywhere!” ~ Dr. Seuss

Step Four: LAUGH! Do you want to be mArried? Or mErried?

## WAYS TO MAKE IT HAPPEN:

Read: funny books, Readers’ Digest, newspaper comics, joke/humor websites,

“The Joyful Noiseletter” from The Fellowship of Merry Christians

Watch: funny television shows, funny movies, videos by Tim Hawkins, Ken Davis, Mark Lowry

Learn: a new joint hobby or skills, take a class together

Travel: go without kids 4x/year – two overnight or weekend trips, one 3-4 day trip, one longer 5-7 day trip, make one of those a marriage enrichment event

Fight: try to win by being the first one to lighten things up and make your spouse laugh

Dance: you don’t have to tell the pastor

Use drugs: (no, not THOSE drugs) – stir up some oxytocin, endorphins, serotonin, dopamine

Ask: always be discovering and rediscovering your spouse, use conversation starters for fun conversations

Goof Off: as you prefer

Dr. John Trent – make two-degree changes to keep things between the lines, just like the adjustments you make while driving

“We don’t laugh because we’re happy; we’re happy because we laugh!” ~ William James