

# From the Family Room

**Creekwood Church of Christ  
Mobile, AL**

16 July, 2017

## Live • Laugh • Love

*“Live joyfully with the wife whom you love all the days of your fleeting life which He has given you under the sun—all the days of vanity and futility. For this is your reward in life and in your work in which you have labored under the sun.”* Ecclesiastes 9:9

*“A joyful heart is good medicine, but a broken spirit dries up the bones.”* Proverbs 17:22

“Live, Laugh, Love” is a cliché phrase that has enabled Hobby Lobby to make a lot of money. But it is wise advice. Solomon paints a picture of a meaningful life in Ecclesiastes 9:7-10. One part of the ideal life he describes is for a man to live joyfully with his wife. Marriage is not only honorable and innocent, it is one of the purest sources of happiness and contentment available on earth. We are to find pleasure and joy in our marriage. A marriage without laughter is similar to that described by 19<sup>th</sup> century minister Henry Ward Beecher. “A marriage without a sense of humor is like a wagon without springs — jolted by every pebble in the road.”

The idea of laughter brings with it living joyfully and rejoicing in the occurrences in life. Let’s focus on the following to become a more joyful person and build a stronger marriage.

**Take pleasure in the fact that we are individually loved by God.** *For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life.* John 3:16

**Celebrate the strength we enjoy through Christ.** *I can do all things through Christ who strengthens me.* Philippians 4:13

**Control your speech.** *Let no unwholesome word proceed from your mouth, but only such a word as is good for edification according to the need of the moment, so that it will give grace to those that hear.* Ephesians 4:29

**Make constantly rejoicing in the blessings given to us by God a habit.** *Rejoice in the Lord always; again I say rejoice!* Philippians 4:4

**Slow down and enjoy the moment.** *Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own troubles.* Matthew 6:34  
*This is the day that the Lord has made; We will rejoice and be glad in it.* Psalms 118:24

This week let us obey God’s inspired instruction and rejoice with our family. Laugh together as a couple. Look around you at life for your laughter material. Take your laughter vitamin daily. Laughter is a critical element in making our marriage stronger. Learning to laugh a little more just may save our marriage – not to mention our life. Laughter is a healthy habit that benefits all families.

If we do not have an attitude of joy, let us begin today to work on cultivating consistent joy in our lives. Then we can infect our families with our contagious joy. Then our families can turn joy into a pandemic that changes the world.

**RICKY**