

Small Group Ministry
Group Session Plan
Play and Laughter

Check In/Sharing

Opening Words:

Laughter

Laughter is a pleasant sound, it spreads joy all around

Whether you're young or old, -laughter can be like

Magic to our souls, whenever we're feeling sad

Laughter can sustain us so that things don't seem

Quite so bad, if we give into laughter, it can be like

A cure for something that seems impossible to endure

So any time your spirits need a lift fill yourself

With laughter and you will find, a much happier

Person with a peaceful frame of mind

Bonnie Ruth Shaulis

Play is the exuberant expression of our being. It is at the heart of our creativity, our sexuality, and our most carefree moments of devotion. It helps us live with absurdity, paradox, and mystery. It feeds our joy and wonder. It keeps our search for meaning down to earth.

From "Spiritual Practices: Play" at <http://www.spiritualityandpractice.com>

Meditation: Reflect in silence for 5 minutes.

Topic/Questions

When someone says, "Go play!" what does it mean to you? Sometimes our leisure activities are competitive or productive, and sometimes we do things just for the fun of it. When we focus on accomplishment, sometimes the sheer joy or fun of doing things can slip away. Perhaps we are afraid of failure, or of looking foolish at something if it matters too much.

What do you do for fun? How do you cultivate a sense of playfulness in your life?

Many people tell jokes or light-hearted stories to break the ice in uncomfortable social situations. Have you ever used humor to approach a difficult question or situation more easily? What do you do when a well-intended joke falls flat?

What really makes you laugh? When was the last time you laughed out loud?

Closing Words

Laughter is a holy thing. It is as sacred as music and silence and solemnity, maybe more sacred. Laughter is like a prayer, like a bridge over which creatures tiptoe to meet each other. Laughter is like mercy; it heals. When you can laugh at yourself, you are free."

Ted Loder