**Small Group Ministry**

**Group Session Plan**

**Humor or What Makes You Laugh?**

**Opening Words**

During a Unitarian Universalist religious education session, the teacher asks a little girl, "Can you tell us what happened on Easter Sunday?" The little girl of course knows the answer. "Jesus rolled back the stone, walked outside and saw his shadow, so we have six more weeks of winter.” (Various sources, original source unknown.)

A merry heart doeth good, like medicine, but a broken spirit drieth the bones. Proverbs 17:22

**Check-in/Sharing**

**Topic/Activity**

Humor is a big part of our lives. Humor and laughter are known to have healing effects.

Humor gone awry can be dangerous, demoralizing, dehumanizing, The person who uses malicious humor could benefit from humor that heals.

How do we use humor?

1. Tell of a time when humor got you out of trouble.
2. Tell of a time when humor got you into trouble.
3. Tell how you have been hurt by humor, yours or another's?
4. Has your humor changed during your lifetime?

**Likes & Wishes**

**Closing Words**

“Holy Is Our Humor" (Tune of "Holy, Holy, Holy" or Nicea)

Holy, holy, holy! Holy is our humor.

Early in the morning light, life's laughter do we hear.

Holy, healthy laughter we offer to each other.

Cel'brating humanity, the joy behind the tear.

Holy are the hurts that cutting humor brings us,

Healing is the love we choose to set our humor right.

Holy, healthy laughter always will be with us.

Humor was and is, and evermore shall be.

Helen Zidowecki

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