

LOVE HANDLES - Laughter: The Art of Staying Engaged

February 7 & 8, 2026

All Bible passages are quoted from the New International Version of the Bible unless otherwise noted.

“The universal language that brings us together.”

Ecclesiastes 9:7-9 | ⁷ Go, eat your food with gladness, and drink your wine with a joyful heart, for God has already approved what you do. ⁸ Always be clothed in white, and always anoint your head with oil. ⁹ Enjoy life with your wife, whom you love, all the days of this meaningless life that God has given you under the sun—all your meaningless days. For this is your lot in life and in your toilsome labor under the sun.

God designed marriage to be a place of ENJOYMENT, not just RESPONSIBILITY.

Proverbs 15:13 | A happy heart makes the face cheerful, but heartache crushes the spirit.

1. Let laughter CONNECT you.

Open-Spirit	Crushed-Spirit
Easy	Closed
Comfortable	Fearful
Honest	Cautious
Approachable	Withdrawn
Connected	Defensive

2. Create an ATMOSPHERE of laughter in your home.

3. Choose laughter as a HEALTHY strategy.

NEXT STEP:

- 1. Revisit a funny memory.**
- 2. Schedule silliness.**
- 3. Choose humor over hurt in a small moment.**

Find a podcast for this and past messages on iTunes. Visit FOTP.church/messages to watch or listen to previous messages.

Further Study & Discussion Questions

Getting to Know You:

1. What is one moment of shared laughter with your spouse (or close friend) that you still smile about today?
2. What's your go-to when you need a good laugh? (A funny movie, sitcom, comedian, funny friend, etc.)

Quick Review:

1. According to **Ecclesiastes 9:7-9**, enjoyment in marriage is presented as a divine gift, not a luxury reserved for perfect circumstances. How does this shift your perspective on making time for joy and laughter in your relationship?

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2. What's the difference between waiting for the "right time" to enjoy life together versus choosing laughter intentionally in the middle of life's demands?

Digging Deeper:

1. The passage contrasts an "open spirit" with a "crushed spirit." When have you noticed your own spirit becoming crushed, and how did that affect your ability to connect with your spouse or loved ones?
2. Research shows that couples married 35+ years actually increase their use of humor over time. What do you think enables long-term couples to sustain playfulness, and what threatens it in earlier seasons of marriage?

Putting It Into Practice:

1. What is one specific way you could intentionally create an atmosphere of laughter in your home this week? (Consider: inside jokes, playful moments, or shared activities that bring joy)
2. If laughter has become rare in your relationship, what would it take to revive it? What's one small step you could take?

Community Impact: How might laughter and playfulness actually serve as a spiritual discipline in marriage? What role could humor play in helping couples weather difficult seasons together?

Encouragement: Share a time when laughter unexpectedly broke the tension or brought you closer to your spouse. What made that moment significant?