

# Friends Fun & Laughter



## Psalms 126

FELLOWSHIP: Sharing things in common with others. In the New Testament, fellowship has a distinctly spiritual meaning. Fellowship can be either positive or negative. Nelson's Bible Dictionary

The companionship of individuals in a congenial atmosphere and on equal terms.

Do you remember your early school days when you studied for awhile and then went out for recess? You did what was important, *namely school work*, and then you were rewarded with *laughter, friends and play*?

1. As we move into a new lifestyle, probably one of the most essential and often neglected ingredients to our recovery will be the fellowship, fun and play we make of clean and sober living. *Fellowship, Fun and Laughter* is not only part of recovery; it is an "Essential" ingredient of life and the icing on the cake.
2. In our using day's fun, play or laughter may have been associated solely with getting high. Today, all of us need to take time in recovery and our busy lifestyles to have fun, being childlike and feeling free!
3. Learning to enjoy life naturally will take time and practice, because in the past what we thought was fun occurred unnaturally through mind-altering chemicals. *Our brain learned to rely on a substance to feel good.*
4. It may take time to convince our self that we do have the God given ability to dwell together with others in unity, have fun, enjoy and celebrate with good friends without altering our mind and mood artificially.
5. Fellowship, fun and laughter will first and foremost come from an on-going relationship with God and a change in attitude, reaction and perception about our self, as we actually slow down and experience life in the presence of God clean and sober.
6. It will be learning to walk all over again and instead of walking past life we will walk into it. Recovery is: *"Taking time to take time."* Taking time to smell the flowers is not just a cliché *make it your lifestyle.*

*Psalms 133:1-3 Behold, how good and how pleasant it is For brethren to dwell together in unity! 2 It is like the precious oil upon the head, Running down on the beard, The beard of Aaron, Running down on the edge of his garments. 3 It is like the dew of Hermon, Descending upon the mountains of Zion; For there the LORD commanded the blessing --Life forevermore.*

1. Our recovery process can only be as successful as the health of our relationships. We may have the best intentions, but if we are surrounded with unhealthy relationships, *"We could be headed nowhere!"*
2. No matter how close a friend still struggling with active addiction may be we may need to walk away. This type of relationship could lead to relapse or straying from our beliefs.
3. Darkness was great while we were trying to hide something, but the light of God and loyal friendships are needed when we are trying to walk without stumbling. When we were hiding our shameful behavior and holding onto our addiction, *the darkness was most likely our only real friend.*
4. Human relationships are an *essential ingredient* in the recovery process. We need the fellowship of those who have gone before us in God and in recovery to give us hope and encouragement. We need their experience, their friendship, their spiritual guidance and even their sense of humor.
5. We are not the Savior, but we can love others as Christ loves them and we can help carry the weight of their burden as He helps to carry ours. We can be part of a support network to help them until they are able to take those difficult steps in recovery on their own initiative and strength.
6. As you continue to grow in God and in recovery a day will arrive when you come to the realization that you are now giving back to the fellowship of others, maybe even more than you actually took. *The Christ in you can make a difference between the addict who doesn't return and the addict who keeps coming back.*

*Eccl 4:9-12 Two are better than one, Because they have a good reward for their labor. 10 For if they fall, one will lift up his companion. But woe to him who is alone when he falls, For he has no one to help him up. 11 Again, if two lie down together, they will keep warm; But how can one be warm alone? 12 Though one may be overpowered by another, two can withstand him. And a threefold cord is not quickly broken.*

Phil 2:1-4 Therefore if there is any consolation in Christ, if any comfort of love, if any fellowship of the Spirit, if any affection and mercy, 2 fulfill my joy by being like-minded, having the same love, being of one accord, of one mind. 3 Let nothing be done through selfish ambition or conceit, but in lowliness of mind let each esteem others better than himself. 4 Let each of you look out not only for his own interests, but also for the interests of others.

Job 8:19-22 "Behold, this is the joy of His way, And out of the earth others will grow. 20 Behold, God will not cast away the blameless, Nor will He uphold the evildoers. 21 He will yet fill your mouth with laughing, And your lips with rejoicing. 22 Those who hate you will be clothed with shame, And the dwelling place of the wicked will come to nothing."



**L**earn how to smile, have fun and enjoy life!

1. Christian recovery is about replacing the old, negative, stressful, and self-defeating lifestyles with God and new, creative, successful and fun lifestyles. Christian recovery is finding God; finding godly people to fellowship with. People that you can laugh with; people that are doing new and adventurous things clean and sober.
2. Those of us in recovery must search out ways to alter brain chemistry "Naturally" to feel good about ourselves and other people rather than using substance. *Did you know that laughter and fun produces natural "feel good" chemicals in the brain?*
3. Let's start enjoying life: Fly a kite, go sailing, play a silly childlike game, put on your favorite music and sing and dance around the room. Go to a funny movie, go shopping and out to eat with friends, go fishing, go down a water slide, play out in the rain, drive to one of those out-of-the way places to explore, take in a Tiger's game, spend a day at Cedar Point riding roller coasters, make a model airplane, paint a picture, catch a butterfly, or maybe take a walk with a child. *Do whatever it is that will help you move past the past and take you into a world of fun and good-times.*
4. Do you ever watch children having fun and enjoying life? They could teach us a lot. They can teach us things we have forgotten about. Being adventurous, spontaneous and open to real life, love and laughter.
5. When did we get so distant in our addiction, too old, too serious or too busy to play and really laugh at silly things? Addiction stole from us the ability to see and enjoy the beauty of God's creation and His blessings.
6. Have you ever heard it said, "We don't stop playing because we grow old." " *We grow old because we stop playing!*" Recovery doesn't need to be dull and boring. *Seek good friends, laugh, have real clean and sober fun and be alive in Christ Jesus.!*



**A** time for everything.

Ecc. 3:1-8 To everything there is a season, A time for every purpose under heaven: 2 A time to be born, And a time to die; A time to plant, And a time to pluck what is planted; 3 A time to kill, And a time to heal; A time to break down, And a time to build up; 4 A time to weep, And a time to laugh; A time to mourn, And a time to dance; 5 A time to cast away stones, And a time to gather stones; A time to embrace, And a time to refrain from embracing; 6 A time to gain, And a time to lose; A time to keep, And a time to throw away; 7 A time to tear, And a time to sew; A time to keep silence, And a time to speak; 8 A time to love, And a time to hate; A time of war, And a time of peace.

1. Solomon in this scripture ponders the sovereign design of God and concludes that all the events of life are divinely appointed of God. There is a time for everything because God, Himself has set those times. God has an eternal plan that includes the purposes and activities of every person here on earth.
2. Every verse presents (2) extremes opposites... 2. *A time to be born, And a time to die.* 4. *A to weep and a time to laugh. A time to mourn and a time to dance. Times divinely appointed of God. The important aspect of this scripture is what happens in that lifetime \_\_\_\_\_ between\_\_\_\_\_ the two.*
3. Through whatever divine appointments God may have placed on our calendar of life let's learn to lighten up because He alone will see us through.
4. Life is too short to waste, so get off that treadmill of wasted time and wasted steps to experience God's gift of life with good friends having fun and learning to laugh a lot. *It can only do us good.*

*Eccl 3:9-12 What does the worker gain from his toil? 10 I have seen the burden God has laid on men.  
11 He has made everything beautiful in its time. He has also set eternity in the hearts of men; yet they cannot  
fathom what God has done from beginning to end. 12 I know that there is nothing better for men than to be happy  
and do good while they live.*