

Laughing on the Outside

Whom having not seen, ye love; in whom, though now ye see him not, yet believing, ye rejoice with joy unspeakable and full of glory. –I Peter 1:8

Earlier this month we were shocked when the comedian who made so many of us laugh committed suicide. I cannot begin to imagine the sadness and hopelessness that might have been present for Robin Williams to take his life.

The dictionary tells us that joy is an *“emotion evoked by well-being”*. Christians may not always be jubilant and laugh but because of their well-being, in Christ, they have joy. The verse, I Peter 1:8, tells us that the underpinning of our joy is our love for Jesus Christ.

Joy is not synonymous with laughter but joy is the source of delight. Psalm 37:4 tells us to *“Delight thyself also in the LORD; and He shall give thee the desires of thine heart.”* Perhaps this is why joy and delight are so closely related, when we find our pleasure in the Lord, the product is joy and contentment.

The promise of joy is not for this life alone. Psalm 16:11 states, *“Thou wilt show me the path of life: in Thy presence is fullness of joy; at Thy right hand there are pleasures for evermore.”*