

Strengthening Laughter

A First Spiritual Exercises Fold-Up



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*“He will yet fill your mouth
with laughter and your lips
with shouts of joy.”*

Job 8:21

*“A person is known by his appearance, and a sensible
person is known when first met, face to face.*

*A person’s attire and hearty laughter,
and the way he walks, show what he is.”*

Sirach 19:29-30

1. Desire

I ask the Spirit for the gift of Laughter.

I hold a smile, symbol of laughter and joy. I do this by remembering the last thing that brought a smile to my face. Then I ponder the variety of laughter, from grin to chuckle to roar. I consider how laughter heals, reconciles, liberates and builds friendships.

I see how close it is to wonder. I gladly open myself to the Spirit of Laughter.

I ask the Spirit for the gift of laughter, a sense of humour, a heart in balance.

2. Relish

I live in the Laughing Trinity.

I imagine I am surrounded in a circle by the Laughing Trinity. Father, Jesus and Spirit address me by name, saying, *'Blessed are you who weep now, for you will laugh'*.

If I am in a place that is dark at present, where grief, sadness or pain fill my day, or I know someone like this, I sit humbly, awhile, in the mystery of the Laughing Trinity who can offer the light of laughter, healing and encouragement, at the worst of times. I relish laughter.

3. Laughter

I breathe in the Spirit of Laughter.

I imagine and feel the Spirit of Laughter breathing freedom, joy and delight into me.

I breathe it in deep, wait, then breathe it out through my need, or the need of those in stress, sadness or tears. A contagious smile releases face and heart.

I repeat as desired – breathing, smiling, happier.

I conclude giving thanks, looking forward to the next laughable moment in my life.

***The Prayer of Laughter was written by Fr Michael Hansen SJ,
National Director of the First Spiritual Exercises Program.***