

Bringing laughter and lightness

CELEBRATIONS are so good for us. They lift our spirits, make us happy, and help us to feel good about ourselves. Any excuse for a party can be attractive and such celebrations bring some lightness and laughter into our lives.

Christians around the world have recently been celebrating Easter, which is so important in the life of their communities. I suggest that the Easter message is important for the world and not only for Christians. Easter speaks of new life, renewal and re-creation and it is something to be celebrated with enthusiasm.

Christians speak of resurrection as being raised up from despair and death. It is the time when we proclaim faith in the God who raised His son from death to participate in eternal life. These values of fresh beginnings are much needed in our world. The more laughter we can generate the happier we are.

In times of trial and turmoil it is normal for people to seek release from those things that hold them back, to seek refreshment and renewal. There is a universal need for safety, and the search for a sense of security becomes pronounced when we feel weak and vulnerable. In our weakness we can turn to God to sustain us with strength to face the most difficult of circumstances.

It is all too easy to set aside the intention to live life with the conviction of wellbeing and renewal of our relationship with God and to slip into complacency; at least until the next crisis enters our lives and we feel again the vulnerability of our frail nature. It is at these times that we retreat from aspirations to be faithful in observance of our calling as children of God and back away from commitment to explore further our faith.

It is so much easier and less demanding to live without asking the big question: am I living as God wants me to? Am I a witness to others of renewal, and do I speak of refreshment, peace and reconciliation? Am I recognised as someone of faith and do I appeal to others as a role model for the way they wish to be? To sustain the strength and determination to be faithful to the calling of our God is what is needed. Change from the old ways to fresh understanding can be difficult but with hope in resurrection you can be determined when you say to God: "Forgive what I have been, help me to amend what I am, and direct what I shall be." The change is enabled by Jesus and recognised when you say, "renew a right spirit within me and restore me to the joy of your salvation".

I hope that you might take a look at the Christian celebration of Easter and laugh with God.