

Edward Church

HOW LONG HAS IT BEEN SINCE YOU JUST LAUGHED?

The Soulwork of Spiritual Resilience

For every wounded soul in the pew.

*You cannot pour from an
EMPTY SOUL.*

Resilience is the SACRED CAPACITY
to be BROKEN — and RISE.

— SPIRITUAL RESILIENCE

RESILIENCE DEFINED

What It Means to Bounce Back

Not absence of pain —



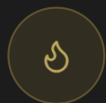
...**presence of purpose**

Not pretending —



...**choosing to heal**

Capacity to be **bent** —



...never **broken**

GENESIS 18 & 21

Sarah Laughed.

Twenty-five years of waiting.

Every silent year...

...a wound



God had not forgotten her name.

Neither has He forgotten yours.

LAUGH #1 — DISBELIEF

She Laughed to Herself

GENESIS 18:12

Hidden.

Ninety years old.

What Kind of Laugh?

Not joy.

A hollow laugh —
too good to be true.

Disappointed too many times to believe again.

CHALLENGE

**Can I ask you something ?
How Many Times...**

Have you had quiet laugh that says —
“Nice sermon, but you do not know my pain.”

**God is not offended by your disbelief.
He waits for you to stop hiding it.**

Bring Him your hollow laugh.

CHALLENGE

In Your Wilderness

Still standing?

Still praying?

Still showing up?

Do not quit in the middle of the story

*It's Not your **destination**.*

*It's Your **passage**.*

LAUGH #2 — THE WILDERNESS

Between Genesis 18 and 21 — *there is silence.*

The laugh of still waiting.

Another Sunday. Another season. Another year.

Same prayer.

Feels Like the Laugh is On Her

*Sarah did not know chapter 21 was coming
But God was already there.*

LAUGH #3 — THE LAUGH OF JOY

"GOD HAS BROUGHT ME
LAUGHTER."
Genesis 21:6

Not nervous laughter. *She refused to stop hoping
until the promise found her.*

She named him **Isaac** — **Laughter**.
What God restored, she could hold.

"All who hear will laugh with me." — Genesis 21:6

CHALLENGE

Your joy is not just for you.

Sarah laughed — everyone heard.

Isaac walked as living proof.

**When God restores your laugh,
will you let people hear it?**

Your testimony is someone's lifeline.

HOW RESILIENCE WORKS

The Four Movements of the Soul

- 1 | **ACKNOWLEDGE** *Name the wound.*
- 2 | **LAMENT** *—Grief to God first.*
- 3 | **RECEIVE** *—Let others carry it.*
- 4 | **RETURN** *—Different, not destroyed.*

THE SCIENCE OF LAUGHTER



40%

STRESS HORMONES



80%

TRAUMA SURVIVORS



PROVERBS 17:22

“A merry heart does good like a medicine.”

PERMISSION TO LAUGH AGAIN

Why the Church Needs This Most.

♡ Grief and joy *are not opposites.*

📖 Laughter is not *a betrayal.*

☀ Joy is not naive — *it is defiance.*

*You have carried this long enough. God is not asking
you to stay broken.*

THE PRACTICES

Building a Resilient Soul.

 SABBATH — Rest is obedience.

 LAMENT — Scream at God.

 COMMUNITY — Never alone.

 HUMOR — Protect laughter.

THE ANCHOR

“

Even youths grow tired and stumble,
but those who hope in the Lord
will renew their strength.

”

— Isaiah 40:29

WHEN DID YOU LAST LAUGH?

.....

Not cope. Not manage. *LAUGH.*

◆

Sarah laughed in the dark.
Then she laughed again — and *everyone joined in.*

◆

Your joy is an act of resistance.

THE DECLARATION

I am not broken beyond repair.

God is not finished with me.

I will not carry this alone.

My joy is coming back.

Say it out loud. Say it together.

THE DECLARATION · II

“

I will rest without guilt.

I will lament without shame.

I will laugh without apology.

The joy of the Lord is my strength.

”

Louder. One more time.

Go · Rest · Heal · Laugh

The Soulwork of Resilience

“The joy of the Lord is your strength.” — Neh 8:10

For every soul who wondered if God laughs.