

# Reclaim the Fun Factor

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Joy is the \_\_\_\_\_, Fun times are the \_\_\_\_\_.

## Why are Christians joyful?

### TODAY

For it is by grace you have been saved through faith, and this is not of yourselves, it is the gift of God, so that no man can boast (Ephesians 2:8-9)

### TOMORROW

God works all things for the good of those who love him, who are called according to his purpose (Romans 8:28)

### ETERNITY

For I am convinced that the sufferings of this present time are not worth comparing to the glory that is to be revealed to us (Romans 8:18)

The X factor - complete surrender and trust brings fullness of joy.

## Joy Stealers

### 1) Busyness

"The \_\_\_\_\_ leads to \_\_\_\_\_"

### 2) Negativity

- Philippians 2:14 "Do all things without \_\_\_\_\_ or \_\_\_\_\_"
- Exodus 16:7-8 "Your grumbling is not against us but against the Lord"

### 3) Relationship Wounds/Fears

- Proverbs 31:25 "She can \_\_\_\_\_ at the days to come"

### 4) Comparison

- Who are you comparing yourself to? What are those thought triggers?

What are your joy stealers?

## How to find your Child's "Fun Button"

"Be sure to know the condition of your flock, give careful attention to your herds"

Pro 27:23

### 1) Study \_\_\_\_\_

How?

- a) Journal and pray
- b) Read books about them
- c) Watch who and what they are drawn to
- d) Get on their level

### 2) Study \_\_\_\_\_

How?

- a) Talk
- b) Be Hospitable

# YOU Set the Tone

- As moms, you are the CMO's of the house:  
the \_\_\_\_\_
- Starting Point: Greet your kids and your husband with a SMILE!

## Types of Fun that Flow from a Joyful Home

- *Everyday Icing*: low-\_\_\_\_\_, high-\_\_\_\_\_ fun. Often spontaneous, integral in a joyful family atmosphere.

Examples:

- *Creme Brulee*: high-\_\_\_\_\_, lots of \_\_\_\_\_ fun. Takes time, memory makers.

Examples:

Action Step: What is one mundane area of your mom-life you need to infiltrate with fun?

# The BALANCE of Fun

"...a time to weep and a time to laugh, a time to mourn and a time to dance.." Ecc 3:4

1) Teach them to \_\_\_\_\_

2) Let them do\_\_\_\_\_

"Recent studies have found that the best predictor for good sibling relationships later in life is how much fun the kids have together when they're young. The rate of conflict can even be high, as long as there's plenty of fun to balance it out. The real danger comes when siblings just ignore each other. There may be less tension to deal with, but that's also a recipe for a cold and distant relationship as adults. . . The Whole Brain Child: pg 133

3) Celebrate Life Well

- Birthdays
- Holidays
- Intentional Vacations
- Single them OUT!

Ecc 11:6 "Sow your seed in the morning, and at the evening lest not your hands be idle, for you do not now which will succeed, whether this or that, or whether both will do equally well."

## Fun Scientific Facts about Laughing Via the internet:)

Humor is infectious. The sound of roaring laughter is far more contagious than any cough, snuffle, or sneeze. When laughter is shared, it binds people together and increases happiness and intimacy. Laughter also triggers healthy physical changes in the body. Humor and laughter strengthen your immune system, boost your energy, diminish pain, and protect you from the damaging effects of stress. Best of all, this priceless medicine is fun, free, and easy to use

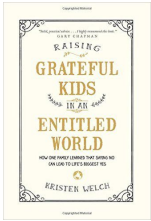
- **Laughter relaxes the whole body.** A good, hearty laugh relieves physical tension and stress, leaving your muscles relaxed for up to 45 minutes after.
- **Laughter boosts the immune system.** Laughter decreases stress hormones and increases immune cells and infection-fighting antibodies, thus improving your resistance to disease.
- **Laughter triggers the release of endorphins,** the body's natural feel-good chemicals. Endorphins promote an overall sense of well-being and can even temporarily relieve pain.
- **Laughter protects the heart.** Laughter improves the function of blood vessels and increases blood flow, which can help protect you against a heart attack and other cardiovascular problems.

"A cheerful heart is good medicine but a crushed spirit  
dries up the bones" Proverbs 17:22

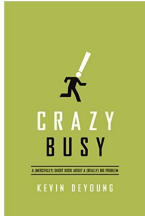
# Resources



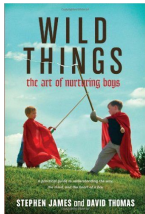
[In This House We Will Giggle](#) by Courtney DeFeo (sign up for blog on [www.courtneydefeo.com](http://www.courtneydefeo.com) and get “60 Ways to Make Your House Giggle” for free!)



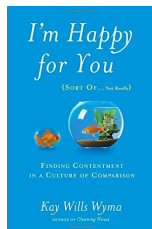
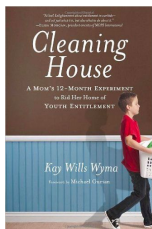
[Raising Grateful Kids in an Entitled World](#) by Kristen Welch



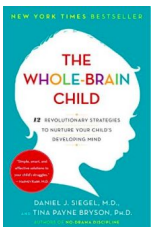
[Crazy Busy: A \(Mercifully\) Short Book about a \(Really\) Big Problem](#) by Kevin DeYoung



[Wild Things: The Art of Nurturing Boys](#) by Stephen James and David Thomas



Kay Wills Wyma's books: [Cleaning House](#) and [I'm Happy for you \(sort of not really\)](#).



[The Whole Brain Child](#) by Daniel Siegel



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