

Title: Urbana Stories #4 – Very Serious Engineer Laughing With Jesus

February 6, 2023

Greetings all,

Here's another story from one of our Immanuel Approach volunteers at Urbana:

“An engineering graduate, who was very serious, revealed a sense of needing to be sure that all moments of each day are productive. She had a month to wait before starting a new job and was struggling with how to productively spend her time. She was a bit “lost,” no longer being under pressure to study and make good grades. She also commented that, as a Christian, she believes she “should” be joyful and spread joy to other, but that this just felt like a task to do.

She was able to find a positive memory with her college roommates, when they were studying and took a 1:00 AM break to worship with blankets around them, and she noticed Jesus there, but it was not a strong connection.

Eventually, she remembered working on memorizing 100 cards of information, while sitting on the floor, and was able to perceive Jesus sitting on the floor with her. And then Jesus started giggling. He wasn't just relaxed, and unconcerned with whether or not she was working hard enough – He wasn't even just inviting her to take a break to have a little bit of fun – He was deliberately being *silly*. She commented on this very specifically, and was amazed that Jesus was not only taking a break to have a bit of fun, but that He was actually being *silly*.

After giggling and being silly for a bit, Jesus just busted into full, uninhibited laughter; and she obviously experienced His giggling and then laughter to be fun and authentic and engaging (as opposed to forced or odd or artificial) because she started *laughing out loud* as she described it. She soaked in just laughing with Jesus for a while, and then Jesus let her know that He *likes* to be silly and laugh with her – that He actually *enjoys* being silly and laughing with her. She was relieved to just enjoy a surprise moment of laughter and fun, without pressure.

Her joy was steadily increasing during her time of laughing with Jesus, and then she suddenly grasped, in a deep way that *felt* true, that spreading joy is not a chore. Rather, when she allows herself to enjoy being with others and have fun, her own joy will naturally increase and naturally overflow onto others.

She was grateful to experience laughing with Jesus, and realized there is value in that, and that it builds joy, without being a task or chore. She left our session in joy and with a burden lifted from her about being productive every moment.”

Blessings,

Dr. Lehman/Karl

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