I Heard God Laugh
by Matthew Kelly
(comments by John Vaughan)

 Mathew is the author of more than twenty books, which have sold more than forty million copies and have been published in more than thirty languages.

 Some points I appreciated the most from this book:

1. Feeding your Soul is the missing piece of the puzzle.
2. Life’s essential habit is Daily Prayer. Ten minutes.
3. You are who and what you are still capable of becoming.
4. Just like we see so much potential in our children, have hope in your own potential.
5. The fruit of daily prayer is peace. Try 10 minutes a day for 21 days. Our lives change when our habits change.
6. Ask: “God, what do you think I should do?”
7. Do not be anxious, live in day tight compartments.
8. The Prayer Process has the acronym “GASP FOF”
1.Gratitude
2. Awareness
3. Significant Moments
4. Peace
5. Freedom
6. Others
7. Finish
9. Persist - - do the basics over and over again.
10. We are pilgrims; passing thru this place we call earth.
11. Every activity can be transformed into prayer, by offering it to God. Do that task with great love, better than you have ever done it.
12. Prayer allows us to balance the heart and mind so that we can live in wisdom.
13. Keep showing up – keep marching.
14. Laughter strengthens your immune system, gives you more endorphins, more serotonin - - for 45 minutes. Helps you radiate joy from the depths of your soul.
15. Overwhelmed is the symptom, busy is the disease, and prayer is the antidote.