

The Secret Weapon This Minister Uses to Bring Healing to the Masses

“Humor is the one magnet that reaches everybody.”

Sue Duffield is a speaker/singer/humorist and the author of *Suebiquitous: (A Humorous Travelog of an Unfiltered Saint)*.

Her 46-year ministry is still going strong today, bringing her faith-filled music, humor and Spirit-led message to a whole new generation of women. This Jersey girl transplant is the host of the podcast, *Suebiquitous*, rides a Harley, is an avid social media junkie and is foremost an advocate for abused women and children worldwide.

She lives in Tennessee with her pianist-producer-husband Jeff, and online at website at .

Quote

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Memorable Moment

When you laugh, there’s a whole different convulsion of emotions and endorphins that are released. Isn’t it like God to create laughter as one of the best expressions of worship? I’ve been researching how people have seen healing as a result of laughter.

Jeff and I love to go into senior centers and nursing facilities. At one event, we went to the dementia and Alzheimer’s ward of a Delaware mental hospital, where many patients yell and sing out with limited control. Well,

something happened that day, and we got to laughing about something and singing these silly songs. These wonderful, godly angels who are suffering mentally, all got to laughing so hard, many of them were crying and laughing and doubled over in their wheelchairs.

The staff that were all standing there watching said, "We've never seen this before." I said, "This, my friend, is a worship experience to where we allow the Holy Spirit to enter this room that will speak their language. They are depleted of humor. They are depleted of something to laugh at."

We ended that day by singing "On Christ the Solid Rock I stand." This one woman, who has been known at the hospital for speaking expletives, stood to her feet and sang with me word for word with tears streaming down her face. The staff looked at me and said, "We have never seen her do that before." Now what is the difference? The difference is—they laughed. It was like a cleansing of their bone marrow. We left that place and hardly talked for an hour. We knew we had experienced something supernatural.

Don't ever think humor is just something we throw in. Humor is the one magnet that reaches everybody. If it's done right, it can be very healing.

Tune into this episode of *Make Life Matter with Angela Donadio* and see how laughter is the best medicine.