

This week's Discipline



Celebration

Celebration brings joy to life and joy makes us strong (Neh. 8:10). Celebration is central to all the disciplines, or they become dull, death-breathing tools. Joy comes in obedience to Christ. Phil. 4:4-8 gives us a framework for understanding joy, which begins with trusting God and eventually leads to true celebration in Christ. In celebration we set our minds on the higher things of life as an act of will. Try one of these this week:

- **Celebrate through singing, dancing, or shouting.** Put your favorite song on with or without your family or friends and praise God!
- **Laugh!** Enjoy wholesome jokes and clever puns. Relish good comedy. Jesus had a sense of humor – some of his parables are quite comical!
- **Make family events into times of celebration and thanksgiving.** This includes major events like anniversaries, birthdays, graduations, and marriages, but can also include lesser events such as finishing a major project, securing a job, or receiving a raise. Pause and celebrate!
- **Set up regular times to play games or watch movies or read books together.** These are ways to foster and strengthen relationships by spending time together joyfully.

Want more information about Celebration? Scan for more info on the class! Attend this week's Spiritual Discipline class on 1/21/26 from 7-8:30p in the Chapel.



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