



SPIRITUAL PRACTICES: CELEBRATION

A. WHAT is the Spiritual Practice of Celebration?

“Joy is the serious business of heaven.” - C.S. Lewis

“Celebration is godly defiance in a culture of doubt.” “Celebration resists cynicism.” - Pastor Jon Tyson

Spiritual Practice of Celebration: to engage in actions that direct us towards worship, praise and thanksgiving.

B. WHY should we celebrate?

1. We were created to reflect God.
2. Obedience. (Psalms 32:11, 149:2)
3. Strength (Nehemiah 8:10)
4. Keeps us from taking ourselves too seriously.
5. Leads to evangelism.
6. Celebration begets celebration.

C. Ideas on HOW to get started.

1. Start today!
2. Pray for more joy/celebration ideas
3. Singing and dancing (go to church)
4. Celebrate others - rites of passages, other achievements
5. Create your own personal ritual
6. Surround yourself with joyful people
7. Celebrate with a Gospel lens

D. Additional Celebration Resources

- *Celebration of Discipline*, Richard Foster
- *The Life You've Always Wanted*, John Ortberg
- *Beautiful Resistance*, Jon Tyson
- *The Joy Model*, Jeff Spadafora

Questions? Email me at: leland@monterey.church

And it is impossible to please God without faith. Anyone who wants to come to him must believe that God exists and that he rewards those who sincerely seek him. Hebrews 11:6