



MLU Spiritual Disciplines – Week 4

Homework/Practice for the Week

1. Prepare for Worship

Before Sunday, take a few minutes to prepare your heart:

- Quiet yourself
- Confess anything weighing on you
- Come with expectancy Ask God to help you see Him clearly this week.

2. Practice Attentive Worship

Choose one moment each day to intentionally turn your heart toward God. This could be:

- a short Psalm
- a worship song
- a whispered “thank You”
- a moment of surrender Let worship interrupt your normal rhythm.

3. Celebrate One Good Thing Each Day

Notice one joy, big or small, and name it before God. A conversation, a meal, a laugh, a moment of peace. Let gratitude become the atmosphere of your day.

4. Share Joy With Someone Else

At least once this week, share something God has done with a friend or family member. Celebration grows when it’s shared.

Reflection Questions

- What helps you enter worship most naturally
- How does obedience shape your experience of worship
- What keeps you from practicing celebration regularly
- Where did you experience joy this week



MLU: Spiritual Disciplines

Week 4 Summary Sheet

Joyful Devotion: Worship & Celebration

What Worship Is

- Worship is our response to God's revelation.
- It begins with seeing God rightly, not with music or emotion.
- Worship is a posture of awe, love, and surrender.

Preparing for Worship

- Come with expectancy - anticipating God's presence.
- Let worship lead to obedience.
- Clear the heart through confession.

Corporate Worship

- Jesus is the true leader of worship.
- Worship is participation, not performance.
- We listen for God's voice and respond.

Avenues Into Worship

- Silence prepares the soul.
- Praise shifts focus from self to God.
- Physical expression engages the whole person.
- Worship continues beyond Sunday.

Steps Into Worship

- Gather your mind.
- Offer yourself to God.
- Enter with thanksgiving.
- Listen for His voice.
- Obey what He reveals.



The Discipline of Celebration

- Celebration fuels the other disciplines.
- Joy flows from obedience and trust.
- Celebration trains us to see God's goodness.

The Spirit of Carefree Celebration

- Rejoice.
- Pray.
- Give thanks.
- Trust God with what you cannot control.

The Benefits of Celebration

- Laughter restores perspective.
- Shared joy strengthens community.
- Celebration brings balance to the Christian life.

Creative Celebration

- Express joy through meals, music, storytelling, art, hospitality, and family rituals.
- Celebration is formative, not frivolous.

Celebration as Completion

- Celebration completes the cycle of the disciplines.
- It is the overflow of a life shaped by prayer, fasting, study, simplicity, service, and worship.
- Celebration is the song of the redeemed life.