

**Let's Talk:**

What was the greatest celebration you have attended? What were the things that made it so great? How did you feel during that celebration?

Do you find it easy or hard to take time to intentionally rest? What do you do to relax?

Let's Study:

Read Philippians 4:4 and 8-9.

How is the command to rejoice inextricably bound to the instructions in Phil. 4:8 about our thought lives? Do you believe this statement is true, "what you focus on grows?"

Read Matthew 18:20.

What is Jesus confirming about God? In what ways do we practice the discipline of celebration when we gather together in His presence?

Read Exodus 20:11.

In Jewish tradition the leaders carefully quantified what could and could not be done on the Sabbath, to keep the day holy. How did Jesus fulfill the purpose and plan of the Sabbath for us and in us? If we are to follow God's example by keeping the Sabbath, how do we do this without becoming legalistic?

Let's Apply:

Pastor Jon said, "To refuse Sabbath is in effect to spurn the gift of freedom." What are some ways that we can deliberately build rest into our lives, and thus have the freedom offered to us?

He also said "to celebrate, you need to choose joy rooted in God first... but also you need to find the fingerprints of God in nature, in people, in the good deeds of humans (not just Christians), in literature, food and art and life." Where have you seen God's fingerprint recently?

As you reflect back over the Spiritual Practices sermon series, in what way have you experienced change/transformation/renewal?

Let's Pray:

Take time to *Celebrate* God's fingerprints (His Glory) on your recent experiences.