

## Spiritual Discipline of the Month of November: Celebration

We are going to practice the discipline of **Celebration!** Specifically, our focus is the celebration of life. As we celebrate life, we experience joy. Joy brings strength to our lives: "The joy of the Lord is our strength." (Nehemiah 8:10) The ironic thing is that genuine joy only comes from being obedient to God...

*"If you keep my commands, you will remain in my love, just as I have kept my Father's commands and remain in his love. I have told you this so that my joy may be in you and that your joy may be complete. My command is this: Love each other as I have loved you." - John 15:10-11*

When we intentionally practice celebration, "we exercise our ability to see and feel goodness in the simplest gifts of God. We are able to take delight today in something we wouldn't have even noticed yesterday." - John Ortberg

### Practical suggestions / Challenge for the month.

- ✓ Look around at your life and find **one thing** to celebrate everyday. It could be a friendship, God's creation, family, your freedom, etc. Be creative and have fun.
- ✓ Celebrate the blessings you have received by sharing them with someone else (someone you know or someone you do not know). Consider keeping a log of your daily blessing.
- ✓ Learn to laugh, sing, and dance more often. Turn your thanksgiving feast into a celebration event.
- ✓ Continue practicing study and meditation. During that time, notice what actions result in joy & celebration and what actions do not. Practice those that do.

## Other Things to Remember:

1. It's not always easy to incorporate new disciplines into your life.
2. Look at your calendar and pick a time for each day that will work with your life.
3. If you miss a day or two, just acknowledge it and begin again.
4. Partner with someone and help keep each other accountable.
5. It's not about perfection, it's about practice.
6. If you get stuck on something or if you don't understand something, ask for help.
7. Record your progress - start a spiritual journal.
8. Have fun!

**Helpful Hints:** The bible includes many examples of God's people who celebrated and rejoiced. Do some research; go to [biblegateway.com](http://biblegateway.com) and search the scriptures for the following key words: celebration, celebrate, joy, rejoice.

If you have any questions, want other suggestions, or would like to share your celebration experience, contact us at (302) 378-7692 or [connect@connectioncc.org](mailto:connect@connectioncc.org).

For more information on the practice of Spiritual Disciplines, refer to "The Life You've Always Wanted, Spiritual Disciplines for Ordinary People" by John Ortberg