

# How We Change: The Practice of Celebration

January 29-30, 2022: Dary Northrop

This provides about one hour of discussion, music, and readings.  
As a springboard for discussion and further study, use the portions you find most valuable.

## 1. Celebration is easily **forgotten**.

- Read **Luke 10:38-42**. How can we develop a balance between the importance of our responsibilities and being so busy that we cannot appreciate the moment?
- What can cause you to lose your willingness to celebrate?
- What is the value of celebration? For example, why do you think God told the Israelites to observe Passover each year (**Exodus 12:14**)?

## 2. Celebration should become a **spiritual practice**.

- What events in scripture come to mind of (godly) celebrations?
- Discuss each of these examples:
  - **1 Corinthians 11:23-26**
  - **Nehemiah 8:1, 5-6, 8-12**
  - **2 Samuel 6:14-22**
  - **Matthew 22:1-10** and **Revelation 19:5-10**
- Read **Colossians 2:16-17** and **Romans 14:5-6**. What guidance did Paul offer believers about observing the traditional customs and holy days?
- Read **Isaiah 30:29**. As your faith has grown, how have your celebrations changed?

## 3. Celebration is mostly about **gratitude**.

- Read **Luke 15:4-10**, **1 Thessalonians 5:11-13**, and **Ephesians 5:19-20**. Discuss the ideas that really stand out to you.

### On you own time this week:

- a. Look for 3 new things to **appreciate**.
- b. Find a **trait** in another person to celebrate.
- c. What is a unique **milestone** you could celebrate?

### Close with reading **Psalm 100**.

- "Gratitude" <https://www.youtube.com/watch?v=dQdfs5S6jyA>
- "Your Praise Goes On" <https://www.youtube.com/watch?v=F2bAnLYdHE8>

If you have a prayer need, please ask a friend here to pray with you, and to support you in prayer this week.