

# Celebration

A practice to bring joy into our lives.

**Nehemiah 8:10 – “...the joy of the Lord is your strength...”**

Celebration brings joy and joy makes us strong. It is impossible to persevere in anything without it. Being that following Christ has been described as a long obedience in the same direction, joy is absolutely necessary for the journey.

## Practices of Celebration

**Singing, dancing and shouting:** The psalms call us to sing, dance and shout our praise to God. If you feel these activities are frivolous, spend a few minutes watching a child celebrate and let it draw the celebration out of you!

**Laughter:** The old adage that laughter is the best medicine is often true. I'm sure many of Jesus' parables elicited a chuckle or two! So when you gather with others, learn to laugh. It is a practice we would all benefit from.

**Special Events:** Allow birthdays, graduations, marriages, anniversaries, religious and cultural holidays (like Easter or the 4<sup>th</sup> of July) or other important occasions be an excuse to celebrate. Throwing a party is spiritual!

**Gratitude:** Commit to a season of gratitude. Begin every day in this season noting one or two things for which you are grateful. It may start off feeling like a chore, but in short order it will be a source of joy.

**Be creative:** No matter what it is, wholesome celebration is good for the soul. Remember what one of the wisest people in the world wrote. *“A joyful heart is good medicine, but a crushed spirit dries up the bones.” - Proverbs 17:22*