

## 1. Celebration

- Elijah's 16th birthday on Monday. Musical card. It was a day to celebrate!
- Kool and the Gang. 1980's song. Celebrate good times, c'mon! Sing it!
- What things do you celebrate? Personally? Professionally? *Take answers.*
- I have become a firm believer that we do NOT celebrate enough!

## 2. CrossFit: The Path to Spiritual Growth

- 12-weeks. 90-days. 12 daily disciplines to get into spiritual shape.
- 4 inward. 4 outward. 4 corporate. Today's discipline is celebration.
- Foster, "Celebration is a grace because it comes unmerited from God's hand."
- Foster, "Celebration is a discipline because there is work by us to be done."

## 3. Celebrate the GOD Things.

- Psalm 150:6a, "Let everything that has breath praise the Lord."
- Philippians 4:4, "Rejoice in the Lord always; again I will say, rejoice!"
- Hallelujah! Hebrew alliteration. *Hallelu Jah*. Praise (you) Yahweh (the Lord)!
- Celebrate the grace of Jesus, the love of the Father, the fellowship of the H.S.

## 4. Celebrate the GOOD Things.

- Philippians 4:8, "Whatever is \_\_\_\_\_, think about these things!"
- Birth. Baptism. Confirmation. Graduation. Wedding. Anniversary. Even, death.
- Holidays. Friendships. Cultural events. Festivals. Reformation 500 (10/31/17).
- Ancient Israel. Commanded to gather 3X a year to celebrate God's goodness!

## 5. Life Application

- PLI. Jock Ficken, "What you celebrate, you accelerate!" Joy gives birth to joy.
- Daily. Offer a morning sacrifice of praise and evening sacrifice of thanksgiving.
- Foster, "Joy is the end result of the Spiritual Disciplines' functioning in our life."
- 1 Chronicles 16:36, "All the (God's) people said, 'Amen!' and praised the Lord."

## 6. Closing Prayer

- St. Augustine, "A Christian should be an alleluia from head to foot."
- Celebration is at the heart of the way of Christ. Give us a perpetual Jubilee!
- Eating. Working. Playing. Sleeping. Living. And, even in suffering. Give us joy!
- Help us sing, dance, shout, laugh, praise, give thanks, and celebrate God/good!