



ONE GOD. ONE LIFE. TOGETHER. ONE GOD. ONE LIFE. TOGETHER. ONE GOD. ONE LIFE. TOGETHER. ONE GOD. ONE LIFE. TOGETHER. ONE GOD. ONE LIFE. TOGETHER. ONE GOD. ONE LIFE. TOGETHER. ONE GOD. ONE LIFE. TOGETHER. ONE GOD. ONE LIFE. TOGETHER. ONE GOD. ONE LIFE. TOGETHER. ONE GOD. ONE LIFE. TOGETHER.



JUNE - CELEBRATION



SPIRITUAL PRACTICE RELEASE

OVERVIEW- CELEBRATION

When was the last time you had an overwhelming impulse to celebrate? To whoop and holler, to dance because your body just could hold your excitement, to blow up balloons get your favourite food and enjoy every single moment of jubilation?

The spiritual discipline of celebration reminds us, first and foremost, that because of Jesus, because of God's ongoing provision, because of the Holy Spirit residing in us—that there is a reason to exclaim and rejoice. But it's not just our feelings that call us to celebrate, God builds celebration into the rhythm of life he calls his followers to. God specifically instructs commemoration of his His faithfulness through an annual celebration (i.e., Exodus 12:14-20), and to this day the global Church continues to mark special occasions like Lent, Easter, Pentecost, Advent, Christmas, Epiphany, and All Saints Day. We are also called to celebrate the Lord's Supper, baptisms, weddings, and other events. Those gatherings, we know, aren't just dates on a calendar, but reminders of God's faithfulness and love.

Despite God's continued faithfulness, our memories can be short-term. We get distracted and swallowed up by the challenges of life and we forget the many times God has dropped manna or parted the waters for us. When our bank account dips below minimum, grades comeback lower than we hoped, or the doctors come back with a diagnosis we never wanted, it feels more natural to shake our clenched fists at God than to organize a party.

While we would never dismiss the need for lament, we also want to acknowledge why celebrations are so crucial to our spiritual life. The very act of celebrating anchors us in a deeper story—one that precedes any current hardship.

This month, we invite you to take joyful, passionate pleasure in God, his people, his Word, the world he created, and all the ways he has, is, and will continue to be there in our lives.

If you have any questions, or would like to recommend a resource to add to this release, please contact CBOQ Youth by emailing Meghan at mmatthews@baptist.ca

Be glad,

The CBOQ Youth team



SCRIPTURE ABOUT CELEBRATION

These are a (small) sampling of scriptures about celebration. Keep an eye out for more as you read your bible, you'll be surprised how regularly celebration happens throughout the story!

Exodus 12:14

'Now this day will be a memorial to you, and you shall celebrate it as a feast to the Lord; throughout your generations you are to celebrate it as a permanent ordinance.

Exodus 23:14, 16

Three times a year you shall celebrate a feast to Me... Also you shall observe the Feast of the Harvest of the first fruits of your labors from what you sow in the field; also the Feast of the Ingathering at the end of the year when you gather in the fruit of your labors from the field.

Leviticus 23:41

You shall thus celebrate it as a feast to the Lord for seven days in the year. It shall be a perpetual statute throughout your generations; you shall celebrate it in the seventh month.

Deuteronomy 14:26

You may spend the money for whatever your heart desires: for oxen, or sheep, or wine, or strong drink, or whatever your heart desires; and there you shall eat in the presence of the Lord your God and rejoice, you and your household.

Deuteronomy 16:1

Observe the month of Abib and celebrate the Passover to the Lord your God, for in the month of Abib the Lord your God brought you out of Egypt by night.

Psalm 16: 7, 9, 11

I will praise the Lord, who counsels me...
Therefore my heart is glad and my tongue rejoices;
My body also will rest secure...
You have made known to me the path of life;
You will fill me with joy in your presence
With eternal pleasures at your right hand.

Psalm 47:1 (*The Message*)

Applause, everyone. Bravo, bravissimo!
Shout God-songs at the top of your lungs!

Psalm 95:2

Let us come before His presence with thanksgiving,
Let us shout joyfully to Him with psalms.

Psalm 118:15

The sound of joyful shouting and salvation is in the tents of the righteous;
The right hand of the Lord does valiantly.



Psalm 118:24

This is the day which the Lord has made;
Let us rejoice and be glad in it.

Psalm 139:14

I praise you because I am fearfully and wonderfully made;
Your works are wonderful,
I know that full well.

Isaiah 30:29

You will have songs as in the night when you keep the festival,
And gladness of heart as when one marches to the sound of the flute,
To go to the mountain of the Lord, to the Rock of Israel.

Jeremiah 30:19

From them will proceed thanksgiving
And the voice of those who celebrate;
And I will multiply them and they will not be diminished;
I will also honor them and they will not be insignificant.

Nahum 1:15

Behold, on the mountains the feet of him who brings good news,
Who announces peace!
Celebrate your feasts, O Judah;
Pay your vows.
For never again will the wicked one pass through you;
He is cut off completely.

Nehemiah 8:10

Then he said to them, "Go, eat of the fat, drink of the sweet, and send portions to him who has nothing prepared; for this day is holy to our Lord. Do not be grieved, for the joy of the Lord is your strength.

Zephaniah 3:17

The LORD your God is with you,
the Mighty Warrior who saves.
He will take great delight in you;
in his love he will no longer rebuke you,
but will rejoice over you with singing.

Matthew 22:2

The kingdom of heaven may be compared to a king who gave a wedding feast for his son.

Luke 14:16

But He said to him, "A man was giving a big dinner, and he invited many;



Luke 15:10

In the same way, I tell you, there is joy in the presence of the angels of God over one sinner who repents.”

Luke 15:23-4

and bring the fattened calf, kill it, and let us eat and celebrate; for this son of mine was dead and has come to life again; he was lost and has been found.’ And they began to celebrate.

Revelation 11:10

And those who dwell on the earth will rejoice over them and celebrate; and they will send gifts to one another, because these two prophets tormented those who dwell on the earth.

What other CELEBRATION scripture can you find?



LESSON SAMPLE (ONE HOUR VERSION)

LESSON OBJECTIVE

Students will:

- Consider what it means to celebrate as a spiritual practice
- Work as a team to help to plan a celebration
- See themselves as part of the tradition of Christian celebration

MATERIALS NEEDED

In Person:

Necessary Materials

- Flip chart/large paper/whiteboard/chalkboard
- Writing implements
- Bibles, or copies of the scripture found in Appendix 1
- A clock, phone, or other means of tracking time
- Paper (participants can also use their journal)

Additional Materials

- Appendix 2 (checklist for party planning)

Synchronous Online:

- Online writing program (i.e., Google docs)
- Means of tracking time
- Paper (participants could also use their journal)
- Writing implements

Asynchronous:

- Bible, or copy of Appendix 1
- Journal
- Writing implements

SET UP

In Person:

- Gather supplies
- Ensure that there is space for people to split up (for Minds On)
- Consider splitting participants into groups of 4-5 in advance (depending on the size of your group)

Synchronous Online:

- Have questions and scripture ready to copy/paste into the chat feature of your online platform
- Consider splitting participants into groups in advance (keeping in mind any requirements of your child protection policy)

Asynchronous:

- Ensure directions, scripture, etc. are sent to participants in advance



PREAMBLE (1-2 minutes)

Say: today we are going to consider what it means to celebrate as a spiritual practice. The spiritual discipline of celebration reminds us, first and foremost, that because of Jesus, because of God's ongoing provision, because of the Holy Spirit residing in us—there is a reason to exclaim and rejoice.

We are going to think about reasons to celebrate, grounding ourselves in scripture and then we are going to plan a celebration as a team!

MINDS ON (10-15 minutes)

In Person:

Say: in a moment, we are going to split into groups, each group will be given a piece of scripture to look at. Together, you will discuss:

- 1) What the scripture says about celebration
- 2) Why we might want to celebrate, because of what the scripture says
- 3) When and where it is appropriate to celebrate

Assign: a section of scripture to each group (see appendix 1) and ask that once the groups gather that they elect a representative to share the group's thoughts when the large group reassembles.

Invite: students to split into their groups, noting that they will have 5-10 minutes of discussion time and that you will let them know when to come back together to share their insights with the whole group.

Regather: groups once time has finished (if you notice that groups have finished quickly, you can adjust the time required for this section)

Ask: groups to share their insights from scripture, and any other tidbits that came up during their discussion. Allow time for questions and responses from other groups

Synchronous Online:

Same as In-Person: utilize breakout rooms (or equivalent on your chosen online platform), put questions and scriptures in chat feature

Asynchronous:

Send scripture (appendix 1) and questions to participants. Invite them to journal their insights.

ACTIVITY (40 minutes)

In Person:

Say: Now that we've looked at some scripture, I hope that you can see that *celebrating* is a crucial part of our faith. What we are going to do now is *plan a celebration*.

Ask: everyone to pull out a piece of paper, or open their journal, and get a writing implement.



Say: I'm going to give you 1 minute to write out *as many occasions as possible* that might warrant a celebration, you're creating a list of reasons why a celebration might occur. Any questions? Go!

Halt: writing when the one minute is up!

Using: your large paper/whiteboard/chalkboard, ask a participant to give you ONE reason on their list. Write that reason on your surface. Ask the whole group who had that answer, count the number of hands raised and write that number beside the occasion (i.e., Birthday, 8). Repeat this process until you have a good list of reasons/occasions to celebrate.

Note: if you are using a whiteboard/chalkboard, ask someone to capture the information so you can refer to it later

Say: I'm going to give you 1 more minute, this time you're going to write out as many things needed for a celebration as possible, feel free to be as specific as you'd like (for example, you could just say food or you could say birthday cake, poutine, fruit punch). Any questions? Go!

Halt: writing when the one minute is up!

Using: your large paper/whiteboard/chalkboard, ask a participant for ONE thing on their list. Add it to your *Master List* and invite everyone to cross out the answer if they also have it on their list. Working your way around the group, create a list of everything needed for a celebration!

Ask: Looking at these lists, what kind of celebration does it look like we are planning?

Note: this celebration could be for your group, an opportunity to invite unchurched friends to a casual event, or something your group gifts to the broader congregation or community!

Set: a date for your celebration. Use a time/day that has worked for your group in the past (i.e., Sunday right after service, or the night your group usually meets) or consider a few dates and ask participants to message you with their order of preference. Chances are, some people will not be able to make it, but they can still help with the planning!

Work: through the list, inviting participants to volunteer for parts of the planning that they are interested in trying out (they don't have to be good at what they choose, this might be an opportunity to try something new! Also, leaders should supervise the process).

Synchronous Online:

Same as In-Person, using a digital platform (like Google docs) to gather ideas instead of a paper/whiteboard/chalkboard

Asynchronous:

Set: a timer for one to three minutes

Write: as many reasons/occasions to celebrate as you can think of in that minute

Review: your list, circle or star a few that seem particularly important to you currently



Set: a timer for one to three minutes

Write: all the things you can think of that would be needed to celebrate your top reason/occasion well (for example, you could just say food, or you could say birthday cake, poutine, fruit punch)

Look: at your two lists and determine—what kind of celebration are you planning?

Consider: planning that celebration! It doesn't have to be a huge party, or anything extravagant (although it could be!). Your celebration might involve something small and meaningful (like lighting a candle at dinner to remind you of God's light in the darkness).

DEBRIEF

In Person:

Say: Celebration is something that God calls us to do, it is just as important to our spiritual lives as work or rest. As we work together as a team to put together this celebration, I hope that we can remember God's faithfulness and his provision. When we celebrate, we settle ourselves in God's story, remembering that we belong to a long history and tradition.

Going forward, I'll be touching base with each of the teams about how they are doing with their section of the planning! Before you know it, we will have added our celebration of *insert your celebration* to the long history Christian celebrations!

Note: as you move forward with planning, check appendix 2 for a party planning checklist (just in case your group missed something!). If needed you can ask people to help with a few more items.

Synchronous Online:

Same as In-Person

Asynchronous:

Same as In-Person



APPENDIX 1- Scripture

Isaiah 30:29

You will have songs as in the night when you keep the festival,
And gladness of heart as when one marches to the sound of the flute,
To go to the mountain of the Lord, to the Rock of Israel.

Zephaniah 3:17

The LORD your God is with you,
the Mighty Warrior who saves.
He will take great delight in you;
in his love he will no longer rebuke you,
but will rejoice over you with singing.

Psalms 16: 7, 9, 11

I will praise the Lord, who counsels me...
Therefore my heart is glad and my tongue rejoices;
My body also will rest secure...
You have made known to me the path of life;
You will fill me with joy in your presence
With eternal pleasures at your right hand.

Psalms 139:14

I praise you because I am fearfully and wonderfully made;
Your works are wonderful,
I know that full well.

APPENDIX 2- Celebration Event Planning List

- Determine date and time
- Create a guest list
- Determine location
- Determine RSVP date
- Determine theme (if desired)
- Determine budget
- Send invitations (mail or online)
- Determine table settings (tablecloths, dishware, cups, cutlery etc.)
- Decide on décor (DIY or purchase)
- Plan activities/entertainment
- Plan food
- Make shopping lists
- Make purchases
 - Party favors
 - Food
 - Décor
 - Supplies
 - Tableware
 - Etc.
- Plan for parking
- Plan for coats/bags
- Plan for gifts location (if needed)
- Plan for food layout
- Determine schedule
- Clean space (if needed)
- Plan for photographer (even if it's you with your smartphone!)
- Set our decorations
- Set tables and/or food table
- Prepare food
- Prepare drinks
- Put your party clothes on and celebrate!

Other things:

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LESSON SAMPLE (FIFTEEN MINUTE VERSION)

LESSON OBJECTIVE

Students will:

- Consider what it means to celebrate as a spiritual practice
- See themselves as part of the tradition of Christian celebration

MATERIALS NEEDED

In Person:

Necessary Materials

- Writing implements
- Bibles, or copies of the scripture found in Appendix 1
- A clock, phone, or other means of tracking time
- Paper (participants can also use their journal)
- Writing implements

Synchronous Online:

- Online writing program (i.e., Google docs)
- Means of tracking time
- Paper (participants could also use their journal)
- Writing implements

Asynchronous:

- Bible, or copy of Appendix 1
- Journal
- Writing implements

SET UP

In Person:

- Gather supplies
- Ensure that there is space for people to split up
- Consider splitting participants into groups of 4-5 in advance (depending on the size of your group)

Synchronous Online:

- Have questions and scripture ready to copy/paste into the chat feature of your online platform
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PREAMBLE (1-2 minutes)

Say: today we are going to consider what it means to celebrate as a spiritual practice. The spiritual discipline of celebration reminds us, first and foremost, that because of Jesus, because of God's ongoing provision, because of the Holy Spirit residing in us—there is a reason to exclaim and rejoice.

We are going to think about reasons to celebrate, grounding ourselves in scripture and then we are going to plan a celebration as a team!

ACTIVITY (10 minutes)

In Person:

Say: in a moment, we are going to split into groups, each group will be given a piece of scripture to look at. Together, you will discuss:

- 1) What the scripture says about celebration
- 2) Why we might want to celebrate, because of what the scripture says
- 3) When and where it is appropriate to celebrate

Assign: a section of scripture to each group (see appendix 1) and ask that once the groups gather that they elect a representative to share the group's thoughts when the large group reassembles.

Invite: students to split into their groups, noting that they will have 5-8 minutes of discussion time and that you will let them know when to come back together to share their insights with the whole group.

Regather: groups once time has finished (if you notice that groups have finished quickly, you can adjust the time required for this section)

Ask: groups to share their insights from scripture, and any other tidbits that came up during their discussion. Allow time for questions and responses from other groups

Synchronous Online:

Same as In-Person: utilize breakout rooms (or equivalent on your chosen online platform), put questions and scriptures in chat feature

Asynchronous:

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DEBRIEF

In Person:

Celebration is something that God calls us to do, it is just as important to our spiritual lives as work or rest. As we work together as a team to put together this celebration, I hope that we can remember God's faithfulness and his provision. When we celebrate, we settle ourselves in God's story, remembering that we belong to a long history and tradition.

Synchronous Online & Asynchronous:

Same as In-Person



APPENDIX 1- Scripture

Isaiah 30:29

You will have songs as in the night when you keep the festival,
And gladness of heart as when one marches to the sound of the flute,
To go to the mountain of the Lord, to the Rock of Israel.

Zephaniah 3:17

The LORD your God is with you,
the Mighty Warrior who saves.
He will take great delight in you;
in his love he will no longer rebuke you,
but will rejoice over you with singing.

Psalms 16: 7, 9, 11

I will praise the Lord, who counsels me...
Therefore my heart is glad and my tongue rejoices;
My body also will rest secure...
You have made known to me the path of life;
You will fill me with joy in your presence
With eternal pleasures at your right hand.

Psalms 139:14

I praise you because I am fearfully and wonderfully made;
Your works are wonderful,
I know that full well.



RESOURCES

BOOK LISTS & OTHER RESOURCES

BOOKS ABOUT CELEBRATION

Campolo, Tony. *The Kingdom of God is a Party*.

Heath, Elaine A. *The Healing Practice of Celebration*.

GENERAL BOOKS ON SPIRITUAL FORMATION

Ahlberg-Calhoun, Adele. *The Spiritual Practices Handbook*.

Barton, Ruth Haley. *Sacred Rhythms*.

Foster, Richard. *Celebration of Discipline*.

Shiflett, Diana. *Spiritual Practices in Community*.

Smith, Traci. *Faithful Families: Creating Sacred Moments at Home*.

Thompson, Marjorie. *Soul Feast*.

Willard, Dallas. *The Spirit of the Disciplines*.

VIDEOS

[Argyle Baptist Church: the Spiritual Practice of Celebration¹](#)

[Party with Prostitutes: a story from Tony Campolo²](#)

ARTICLES

[Tony Campolo Throws a Party for a Prostitute \(sermon transcript\)](#)

[The Discipline I Almost Missed](#)

[Things I've Learned from 2.5 Years of Opening Our Home on Monday Evenings](#)

[Celebration is a Spiritual Discipline](#)

[Thou shall Celebrate](#)

¹ This is a sermon video from one of our Canadian Baptist churches in Saskatchewan

² This is a story also used in Tony Campolo's book *The Kingdom of God is a Party*. We have also included a transcript of this sermon illustration so you can decide how best to use this example with your group (or not!).



10 Tips for the Practice of Celebration

1. Start with prayer. Ask God to help you learn the practice of celebration. Call out to him to open your eyes to see those moments and to know him better as the God of Delights.
2. Study what the Bible teaches us about celebration. Find verses that remind you about joy. Underline them. Repeat them often. Memorize them to carry them in your heart.

Philippians 4: 4

Rejoice in the Lord always. I will say it again: Rejoice!

Galatians 5: 22-23

The fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control.

3. Practice gratitude. Joys multiples with a thankful heart. Appreciation boosts celebration.

“Without exception, every person I interviewed who described living a joyful life or who described themselves as joyful, actively practiced gratitude and attributed their joyfulness to their gratitude practice. And both joy and gratitude were described as spiritual practices that were bound to a belief in human interconnectedness and a power greater than us.” -- Brene Brown

4. Mark the milestones, even the minor ones that nobody else notices. I love the photos I see on Facebook of an author opening the box that contains a newly published book. I cheered when the scale finally got below a long-anticipated number. I smile when I see the first robin of spring.

“Joy is what happens to us when we allow ourselves to recognize how good things really are.”
--Marianne Williamson

5. Use your body in celebration. Clap. Dance. Raise your arms in victory. Raising our arms in victory is natural response when we cross the finish line. What fascinates me about this simple bodily response is the study about the blind from birth athletics at the Paralympics games which showed how universal the physical reaction is to triumph – arms raised, fists pump, chest out, and huge smiles. Even though they never saw someone respond in this manner, their bodies naturally lead in the celebratory movements. Go ahead. Let your body celebrate with your emotions.
6. Share a smile. Smiling is powerful. Smiling is contagious and an easy way to celebrate and spread joy. I wrote a post here called [5 Things Everyone Should Know about Smiling](#) – you may enjoy rereading it.
7. Cultivate friendships and support in your life that you know will join you in celebrations. These are the one who cheer you on, especially when you don't think you will make it. They will cry with you and help you back on your feet to try again. The people you can call and say I knew you would understand how much this means to me.



8. Return the favor and be a person to celebrate with others. Congratulate someone else's achievement. This can be tough. When I see a fellow author sign with an agent, write a best seller, win awards at a writers' conference, my inadequacy, bruised ego, and I thought I-got-rid-of-my-envy emotions erupt. Smiling helps. Clapping for them expends negative energy within my heart. Letting go and genuinely celebrate with them heals. And then surprisingly delight emerges naturally and in a fun, light manner.
9. Journal your conversations with God about celebrations. Here are some questions to guide those pondering discussions and the download accompanying this post contains more pray prompts and questions:

Write out your definition of celebration and of joy.

What brings you joy even when you are discouraged?

Describe your image of God – does how you perceive God include a being of joy and celebration?

What keeps you from celebrating God?

What about celebration makes you feel comfortable? What elements confuse, challenge, and stretch you?

10. Create a Joy Journal. Write them on your calendar. Intentionally plan moments to celebrate. Capture those ordinary moments to celebrate. For example:

Celebrate waking up to a fresh day.

Watch the sun rise or set.

Sing around the piano all the seasonal or silly songs you remember.

Take the time to go to a neighborhood festival –try a new food, learn about a new culture.

“Dance like no one is watching.”

Source: <https://healthyspirituality.org/10-tips-spiritual-practice-celebration/>



Celebration: a Practical Guide

God celebrates. He invented delight, joy, and celebration. And one way we enter the divine life of the Trinity is through celebration. Whether solemn or exhilarating, formal or spontaneous, celebration can enlarge our capacity to enjoy and serve God. Celebrating God does not depend on perfect circumstances or happy feelings. Even in prison Paul and Silas found something to sing about (Acts 16). And Jeremiah, the weeping prophet, wrote:

*My soul is downcast within me.
Yet this I call to mind
and therefore I have hope:
Because of the Lord's great love we are not consumed,
for his compassions never fail.
They are new every morning.
—Lamentations 3:20 – 24*

Jeremiah found reason to delight and hope in God even in a lament.

The world is filled with reasons to be downcast. But deeper than sorrow thrums the unbroken pulse of God's joy, a joy that will yet have its eternal day. To set our hearts on this joy reminds us that we can choose how we respond to any moment. We can search for God in all circumstances, or not. We can seek the pulse of hope and celebration because it is God's reality. Heaven is celebrating. Right now, the cherubim, seraphim, angels, archangels, prophets, apostles, martyrs and all the company of saints' overflow with joy in the presence of their Creator. Every small experience of Jesus with us is a taste of the joy that is to come. We are not alone — and that in itself is reason to celebrate

To abandon ourselves to celebration can feel like a risky thing. What if we are misunderstood or seem to take hard things too lightly? King David was so “undignified” in his celebration of the Lord that his wife rebuked him for his public impropriety! But David replied, “I will celebrate before the Lord. I will become even more undignified than this, and I will be humiliated in my own eyes” (2 Samuel 6:21 – 22). Set your eyes on God as you celebrate and forget how you look. God delights in all kinds of worship.

Reflection Questions

1. Where are you most prone to celebrate God? Alone? With others? In worship? In music? In nature? What does this tell you about how God made you and how you most naturally meet with him?
2. How is your celebration enhanced or curtailed by your ability to remember the past, live in the moment, or anticipate the future?
3. When you see others celebrating God in a way that is new or foreign to you, what goes on in your mind and heart?
4. If there is a heaviness about you, an overly serious side, or an entrenched critical spirit, how might celebrating God affect these traits and move you into new areas of transformation?
5. Who do you know who really celebrates life and God?
6. What attracts you to them?

SPIRITUAL EXERCISES



1. Identify the place you most readily connect with God. Is it in nature? listening to Christian music? participating in corporate worship? solitude? Go to that place. What do you want to tell God about the joy you receive there?
2. Intentionally place yourself in the presence of God. Recall all of God's gifts, provisions, guidance, and love toward you. • To celebrate God's grace to you, write a song of celebration, make a collage that represents your joy, write a poem of praise, play music, and dance before the Lord, or memorize a verse of praise and repeat it all through the coming days.
3. Familiarize yourself with the church calendar. (If you don't know about the church year, do a Web search for "church calendar.") • Consider ways you can go all-out in your celebration of Lent, Easter, Pentecost, Advent, Christmas, Epiphany and All Saints Day this year. Plan a way of celebrating God alone or with friends.
4. Attend to the people who give you joy. Ask God how you might celebrate them in a way that encourages them.
5. Plan to celebrate someone's birthday, Mother's Day or Father's Day in a way that reminds the person of how precious he or she is to you and to God.
6. Consider how God loves you. Read Zephaniah 3:17. Then be still and listen. How is God celebrating you? • Celebrate the God who celebrates you. Intentionally ask for the gift of appreciating yourself the way God does.

Taken from *Spiritual Disciplines Handbook* by Adele Ahlberg Calhoun. ©2015 by Adele Ahlberg Calhoun.

