The Spiritual Disciplines: The Discipline of Celebration

This guide is provided to support your reflection during the week.

Going Deeper

Daily Scripture Readings

Day 1 - The Lord has triumphed gloriously - Exodus 15: 1 – 2, 20 – 21
Day 2 - The joy of the Lord - 2 Samuel 6: 12 - 19
Day 3 - Bless the Lord – Psalm 103
Day 4 - Praise the Lord – Psalm 150
Day 5 - Hosanna! – Luke 19: 35 – 40, John 12: 12 - 19
Day 6 - Walking and leaping an praising God – Acts 3: 1 - 10
Day 7 - Hallelujah! – Revelation 19: 1 - 8

Questions to think about

1. Why do you think a wholesome evening of side-splitting laughter with friends does you so much good?

2. Why do you think human beings often find celebration so difficult?

3. How about, when we are once again able to gather in large groups, planning out a family non- holiday celebration this year? What would it look like?

4. At the close of this study what have you learned and what would you like to put into practice?