

Lifegroup Session 1: Discussion 12

Spiritual Habits: Celebration

Cross Culture Church

Goal: The goal of this discussion is to learn about the discipline of Celebration

Connect

1. Welcome & Introduce yourselves. Go over the outline for the night.
2. Expectations:
 - Show up. If you can't make it let us know. What you put in is what you will get out.
 - Have fun. We like to have fun, laugh, and be real!
 - We ask that what is said here stays here. We want this to be a safe place where we can be authentic and vulnerable.
 - When we are honest and vulnerable we grow.
3. Introductions (if a new person joined). Have everyone share how they got connected to the life group and CCC.
4. Big picture reminder: We are learning the Spiritual disciplines. We are learning how to go to the gym of the spirit, how to put more "tools" in our spiritual tool belt. Our goal is to grow closer to Jesus and walk in the freedom that spiritual disciplines bring.

Discussion:

1. Follow up on last topic: Guidance
Did God reveal anything to you? How have you implemented spiritual disciplines into your life? How is it changing you? What has been the discipline that has impacted you the most?

New Discipline: Celebration

This is our last spiritual discipline and it is a great one to end on. All of our spiritual disciplines should be punctuated with joy, celebration and thanksgiving! Joy and celebration are the motor that keeps all the other disciplines going.

**Read: Nehemiah 8:10 The Joy of the Lord is our Strength
And Galatians 5:22 - Joy is part of the fruit of the spirit**

Discussion: What can we learn from these verses?

Read & Discuss: Luke 11:27-28

In this passage Jesus tells us it is a more blessed thing to live in obedience than to have been the mother of Jesus!

Discussion: Only one thing will produce genuine joy. What do you think it is?

Obedience! Just like the old hymn tells us that there is no other way to be happy in Jesus but to trust and obey. A blessed life is an obedient life. Joy comes from walking in obedience.

Richard J. Foster says, “ Joy is the end result of the Spiritual disciplines functioning in our lives. God brings about the transformation of our lives through the disciplines, and we will not know genuine joy until there is a transforming work within us.”

Have a different person from your group read each verse out loud: Matthew 6:25 & Philippians 4:6-8

As Christians we are called to be carefree! Free of care! We are called to trust God for everything. We are called to set our mind on higher things, be thankful, and trust!

Richard J. Foster in the Celebration of Disciplines says, “It is an occupational hazard of devout folk to become stuffy bores. This should not be. Of all people, we should be the most free, alive, and interesting. Celebration adds a note of gaiety, festivity, hilarity to our lives.”

Discussion:

Are we experiencing joy?

Laughing at ourselves?

Singing, dancing, rejoicing?

Are we grateful?

Can we relax and enjoy the good things on earth?

Are we worshipping?

Are we celebrating the little things?

Are we looking for reasons to celebrate?

Do you have family celebrations?

Do you have a sense of humor? Jesus did!

Do you laugh?

Do you relish in creative things and fun?

Richard J. Foster in the Celebration of Discipline concludes with this

“Celebration gives us the strength to live in all the other disciplines. When faithfully pursued, the other disciplines bring us deliverance from those things that have made our lives miserable for years which in turn, evokes increased celebration. Thus, an unbroken circle of life and power is formed.”

Action:

Plan a celebration for your life group for your next gathering! Celebrate all that you've learned, how you've grown, the community that you are a part of, and have a party!

Prayer: Lord thank you for your joy! We thank you that we can celebrate, laugh, play, and rejoice! Help us to practice this discipline daily.

Reminders: Remind them when your next life group is, share any CCC updates, and invite them to invite their friends to join your group.