



The Spiritual Discipline of Celebration | Chad Bruegman | 3.1.20
Weekly Study

START

To get things started, go around the circle and answer the following question:

If you could do anything in the world as your career, what would you do?

SHARE

Welcome to Week Four of Take-Home Faith. This year we are getting serious about equipping the church with the necessary tools to follow Jesus throughout the week. Christianity is not about creating churchgoers; it's about building Jesus followers. The calling of Jesus is to follow him in every part and every hour of your life!

This week, Chad talked about the importance of celebration! Before we jump in, take some time to jump in with your group by answering these questions:

What was one highlight of your week? What was the most challenging part of your week?

What is one thing you feel like God is teaching you right now?

How have your take-home assignments gone for you? How did prayer impact your week?

GROW

Read Nehemiah 1:1-7

Have you ever felt like God was ignoring your prayer? Tell the group about it.

This week Chad took us through the story of Nehemiah to teach about the spiritual discipline of celebration. Nehemiah is a fascinating person in Scripture. He is an Israelite, living in exile, but serving in the Persian Government. When he hears about how bad things have gotten in Jerusalem, it breaks his heart, and he asks for permission to go back and rebuild.

He gets the green light to rebuild, but during the project, he faces all sorts of opposition from those living within and around Jerusalem. However, along the way, he doesn't stop celebrating. As he fights the uphill battle of renewing the city, he continually encourages the people to enjoy life and get back to celebrating their religious festivals (Nehemiah 8:9-18).

Even when things look bleak, there is always a reason to celebrate. Said another way, you can always find a reason not to celebrate. If we wait for the moment to be perfect, we will never actually arrive. Nehemiah is an excellent example of a person who learned to celebrate even in the middle of the storm!

Would those closest to you describe you as someone who is good at celebrating?

What is one thing you can celebrate right now with your group?

What is one thing you can celebrate this week with your friends or family?

M O V E

Read Philippians 4:1-9

This year we are learning to follow Jesus every hour of the day instead of just at church. Celebration is one of the keys to accomplishing this goal!

The Apostle Paul understood this. When he writes his letter to the church in Philippi, he gives them this famous command: "Rejoice in the Lord always. I will say it again: Rejoice!" (Philippians 4:4). He knew they were going to face persecution. He knew they would always have plenty of reasons not to celebrate, so instead, he commands them to celebrate through it all.

How? By making the conscious decision to rejoice! As Chad reminded us this week, “the spiritual discipline of celebration is more about an attitude than it is an activity.” At any given moment, there are both terrible things to mourn happening in the world and miracles to marvel at. The Bible gives us permission to fix our eyes on the wonders and always find ways to celebrate the good!

Let’s practice that together this week with this Take-Home Assignment.

Take-Home Assignment #4: Celebration Reminder

Write Philippians 4:4 on a notecard or put it on the desktop of your computer/phone.

“Rejoice in the Lord always. I will say it again: Rejoice!” (Philippians 4:4)

Then set an alarm on your phone every morning at 8 am and every evening at 8 pm. Every time the alarm goes off, read Philippians 4:4, and find one positive thing to celebrate in your life! When the item you are celebrating includes another person, take a minute to text them and thank them for being in your life.

P R A Y

As a group, spend some time praying for the things you wrote down above! If you are in a coed group, consider breaking up into men and women’s groups to share more freely.

T O G O

“Rejoice always”

- 1 Thessalonians 5:16

