



02/19/2023 “Celebrate”

The milestones in life come and go, often times without taking the time to commemorate and celebrate them. Our brains, however, benefit from the process of reflecting and celebrating. Not only does it help our mental state but it strengthens our relationships—with God and others.

1. What are some things that you don't enjoy doing but are good habits that you have developed? What are some good things you do that you do enjoy doing?
2. On a scale of one to ten, how would you rate your ability to celebrate things?

The Israelites were regularly instructed to keep or observe special days for celebration (Leviticus 23:3, 4-6, 10, 15-16, 24, 27, 34). One of the biggest celebrations came with the exodus out of Egypt (Exodus 12:14). The Hebrew word for “celebrate” is “*châg*” (חג). It means to hold a feast, hold a festival, celebrate, dance, stagger. It depicts someone who has paused everything to fully enjoy and celebrate that moment.

Read Psalm 145

1. To celebrate something means to commemorate it, to call it to mind or remember it. How is this done in Psalm 145? What is the main message the author is trying to communicate?
2. What do you think is the purpose of this psalm within the community of Israel? What effects do you think it had during times of trouble or exile?
3. What in this psalm resonates with you most? Where have you seen God show up in a similar way in your life?
4. Take a few moments to think of a high point in your life, a time where you felt accomplished or life was going well. How good were you at celebrating or memorializing that moment? What did you do or wish you did?
5. Now take some time to think about your faith. What have been some high points in your spiritual journey? Take a few minutes within your group to provide a quick 2–3 minute recap of your journey of faith. This can apply even if you don't consider yourself a follower of Jesus, share about what brought you to church or to your group.
6. How might taking time to celebrate the high points in your journey strengthen your faith? What things can you do to celebrate these, even if they are not recent?