

Today's Message: "LOL. The Discipline of Celebration "

Disciplines of Engagement - study, worship, **celebration**, service, prayer, fellowship, confession, and submission.

Disciplines of Abstinence - solitude, silence, fasting, frugality, celibacy, secrecy, and sacrifice.

"We engage in celebration when we enjoy ourselves, our life, our world in connection with our faith and confidence in God's greatness, beauty, and goodness. We recognize our life and world as God's work and as God's gift. Typically that means we come together with others to eat and drink, sing and dance, and relate stories of God's goodness and love with one another." Dallas Willard - "The Spirit of the Disciplines"

- *"I bring you good news of great joy which will come to all people!"* - Luke 2:10
- *"These things that I have spoken to you that my joy may be in you, and that your joy may be full."* - John 15:11
- *"Three times in the year you shall keep a feast to me."* - Exodus 23:14

[mesahqim] = Celebrate - Translated means; "to make merry, to laugh!"

Comedy Theory - A "Set-Up" is when a comedian uses his resources and stories to seize any opportunity to insure his audience is moving in the same direction. The "Punch-Line" occurs when he changes that direction in a way you're not expecting. When the audience catches onto that change the results are revelation, fulfillment, and joy often expressed through laughter."

"Laughter is the key to practicing the discipline of celebration. So stop taking yourself so seriously, poke fun at yourself, enjoy jokes and clever comedy. Learn to laugh; it is a discipline to be mastered. Let go of the everlasting burden of always needing to sound so profound." Richard Foster - "Celebration of Discipline"

LOL Part 1

Pastor Scott Stevens

April 23 & 24, 2016

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Joy & Happiness Study

- 50% is fixed. It is based on our genetic set point.
- 10% is circumstantial or life events
- 40% is in the category of intentional activity or habits.

⁴ Rejoice in the Lord always; again I will say, rejoice. ⁵ Let your reasonableness be known to everyone. The Lord is at hand; ⁶ do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷ And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. ⁸ Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. ⁹ What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you. (Philippians 4:4-9, ESV)

Celebration Stoppers (Lift!)

- Lack of laughter (Laugh!)
- Selfishness (Selflessness!)
- Worry (Pray!)
- Graveyard thoughts (Fix your thoughts...!)

Continue to learn how to truly practice the discipline of celebration by subscribing to daily devotional and small group content delivered via email to your inbox each weekday.

Text **NORTHWAY** to **42828** to subscribe!

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