

# Spiritual Practices

## Celebration

Objective: Identify what you currently do to celebrate and evaluate what areas you may want to include more celebration both big and small.

### CONNECT

1. What is your favorite family tradition?
2. Are you a person who stresses about big celebrations or a person who easily gets in the spirit?

### LEARN

1. Are you someone who tends to take yourself very serious or someone who is not so serious? Why do you think that is?
2. Do you tend to think of the world as a good place or bad place? How could celebrating help you see the good more?
3. What are some small things you like to celebrate? How do you tend to celebrate the small things?
4. What is something you celebrate that is not attached to an accomplishment?
5. What is your favorite way to feast?
6. What has been your favorite spiritual practice in this study?
7. What steps would you like to take to include the practices into your regular routine?

### APPLY

This week:

1. What are some ways you'd like to add more celebration to your life?
2. Who do you have in your life that is a great supporter and could help you with enjoying and celebrating the small joys in life?
3. Remember to find ways to incorporate some of these practice into your regular rhythms. Which practices work daily or weekly? Which practice work better monthly, annually, or seasonally?