# The discipline of Celebration!

“YES” This was one of my favorite chapter titles to see, this is something I believe in with all my heart. As someone who has struggled with depression for most of my teen years, this hits very close to home. It wasn’t until recently (spring) when I realized my depression, and it wasn’t until spring retreat that I realized the last time I felt joy. Yes, I felt happy every now and then, maybe a joke, a fun time with family, a great movie, etc. But when I finally felt joy in the Lord, I couldn’t stop smiling for days. A smile is very hard for me, even to this day the act of smiling is not comfortable and hard for me to do for more than a few seconds. Yet every single time I am in worship, and I pray for joy, my smile is their and radiant for a long time after that worship or prayer.

When it comes to celebration first, I want to talk about praise songs, songs that are dedicated to proclaim the BEST news and exalt your power, love, mercy, etc. These songs you will always see/hear me screaming with everything in me, yeah it sounds horrible and probably hurts those around me, but it is impossible for me not too. Just by typing this I am smiling ear to ear, just remembering the time where I felt pure, lasting joy for the first time my entire teenage years.

That joy is something I chase on the daily, something I strive towards in my class, work, social, etc. In this chapter I disagree with Foster, joy is found in the Lord, not by obedience. Before I even began to develop my spiritual disciplines, I found pure joy in the Lord, yea those disciplines help me find more and more joy, but they don’t determine it.

I could write multiple papers about joy and celebration in the Lord, and is something I will talk about to anyone, celebration is found in joy, celebrating the great works God did, celebrating everything in our lives through joy in the Lord!

Thanks!  
Koleman Parsley