

H A L L E L U J A H !

Sing to the Lord a new song!

A L L S A I N T S D A Y

"And all the angels stood round about the throne, and about the elders, and the four beasts fell before the throne on their faces, and worshipped God, saying, Amen; Blessing, and glory, and wisdom, and thanksgiving, and honor, and power, and might, be unto our God for ever and ever.

Amen."

Revelation 7:12

READ & REFLECT:

Read Psalm 149

What word, image, or phrase sticks out to you from this passage?

Eugene Peterson once wrote, "The hallelujah and the amen are combined in a celebration meal. Our deepest capacity for praise and our deepest impulse for affirmation are focused at this table, where God's goodness and God's yes are expressed in sacrament. Two words and a blessing. An invitation to eat at God's table. Polish up your hallelujah."

What words or phrases would best describe your own hallelujah at this particular point in your life?

What is one practice in your daily or weekly routine that "polishes up" your hallelujah?

What are some things that dull or dim your hallelujah?

Spend some time reflecting on the above quote, what is one practice that you could add to your daily or weekly routine that would add more clarity and depth to your hallelujahs?

PRACTICE: *Celebration*

"To elicit genuine celebration, obedience must work itself into the ordinary fabric of our daily lives. Without that our celebrating carries a hollow sound."

- Richard Foster

Gather a group of friends or family together and have a celebration. Pass out paper and write the names of the saints who have gone before you, read their names together, give thanks for their lives, then light a candle for each person mentioned. Share a meal, listen to or sing along with some of your favorite hymns or praise songs, share stories that highlight God's goodness from the past year.