



fun month

Study Guide



Life is

more fun

with...

celebrating

playing

laughing

resting

Week 1

in the Bible

When one of those at the table with him heard this, he said to Jesus, “Blessed is the one who will eat at the feast in the kingdom of God.”

Jesus replied: “A certain man was preparing a great banquet and invited many guests. At the time of the banquet he sent his servant to tell those who had been invited, ‘Come, for everything is now ready.’

“But they all alike began to make excuses. The first said, ‘I have just bought a field, and I must go and see it. Please excuse me.’

“Another said, ‘I have just bought five yoke of oxen, and I’m on my way to try them out. Please excuse me.’

“Still another said, ‘I just got married, so I can’t come.’

“The servant came back and reported this to his master. Then the owner of the house became angry and ordered his servant, ‘Go out quickly into the streets and alleys of the town and bring in the poor, the crippled, the blind and the lame.’

“‘Sir,’ the servant said, ‘what you ordered has been done, but there is still room.’

“Then the master told his servant, ‘Go out to the roads and country lanes and compel them to come in, so that my house will be full. I tell you, not one of those who were invited will get a taste of my banquet.’”

Luke 14:15-24 (NIV)

Celebrating

in the World

Life is more fun with celebrations. Celebrating is a way to express gratitude to God for the good things in our life. Too many of us spend too much time complaining our lives could be better instead of celebrating what is already good. Taking the time to celebrate helps us see all the good that God is doing around us and through us. It’s easy to dwell on what went wrong, the fight, the disappointments, and the bad news. Celebrating refocuses us on what went right, the accomplishments, and the good news. We can celebrate the big things like birthdays, anniversaries, graduations, or dreams coming true. We can celebrate the small things like a goal being accomplished, a project wrapping up, or a good meal.

in my Life

- If something big happens in your life (birthday, graduation, promotion, anniversary, etc.), how do you typically celebrate these events? What makes for a good celebration?
- Do you regularly celebrate the little victories in life? How so?
- How does celebration lead to more gratitude?
- In Luke 14, Jesus tells a story of a man hosting a banquet. In the parable, the man is God and the banquet is the celebration in the kingdom of God. He gives three examples of reasons people miss out on the celebration. What are some reasons we miss out on the celebrations God invites us to?
- People often view religion as serious and formal. Jesus describes the kingdom of God as a fun dinner party. How does your relationship with Jesus make life more fun?

ways to Celebrate this week

Let's make Fun Month more fun! Complete our Fun Month checklist each week as an individual, family, or House Church.

- Pick one small win to celebrate this week. Celebrate with a treat or gift for yourself. Thank God for these little victories. Repeat as necessary!
- Celebrate someone else. Send a note to a friend celebrating them for a recent accomplishment.
- Create a celebration list. Make a list of all the things God is doing that are worth celebrating. Make a list of celebrations in your life, in the church, and in the community.

House Churches

- Reconnect with your group this week. Meet for ice cream or some other dessert. Have everyone share one thing that happened in their life this summer that is worth celebrating.

Celebrate being back together for another year!

More celebrating. More gratitude. More fun!

Week 2

in the Bible

This is what the Lord says: “I will return to Zion and dwell in Jerusalem. Then Jerusalem will be called the Faithful City, and the mountain of the Lord Almighty will be called the Holy Mountain. Once again men and women of ripe old age will sit in the streets of Jerusalem, each of them with cane in hand because of their age. The city streets will be filled with boys and girls playing there. It may seem marvelous to the remnant of this people at that time, but will it seem marvelous to me?” declares the Lord Almighty.

Zechariah 8:3-6 (NIV)

At that time the disciples came to Jesus and asked, “Who, then, is the greatest in the kingdom of heaven?”

He called a little child to him, and placed the child among them. And he said:

“Truly I tell you, unless you change and become like little children, you will never enter the kingdom of heaven. Therefore, whoever takes the lowly position of this child is the greatest in the kingdom of heaven. And whoever welcomes one such child in my name welcomes me.

Matthew 18:1-5 (NIV)

Playing

in the World

Playing does not make us immature or irresponsible. It's not a waste of time. Play makes us childlike and Jesus says that's a good thing. Yet for many of us, life has become about how much we can produce, do, and accomplish.

We work all day then come home and there's more to get done. Even on the weekends, we wonder what needs to be done. The idea of taking time to play is uncomfortable for us because we believe we should be using that time to be productive. But play restores us and allows us to be more productive during the times we need to be productive.

God created us as humans and placed us in a beautiful world so we could enjoy it.

in my Life

- What is your favorite way to play? How often do you do this activity?
- What keeps you from playing more often?
- Do you feel the need to be productive at all times? Why or why not?
- Productivity is good and necessary for all of us. An addiction to productivity and total lack of play is not good for us. Why is regular play good for us?
- Jesus tells us to be like children. What do you think he means by this? How can we be more childlike?

More play. More enjoying. More fun!

ways to Play this week

Let's make Fun Month more fun! Complete our Fun Month checklist each week as an individual, family, or House Church.

- Schedule some intentional play this week. Do something with the sole goal of having fun!
- Pick an evening this week to take a productivity break. Take a break from chores, cleaning, and projects. Instead, do something you enjoy.
- Playing is more fun with others. Schedule a get-together with friends to just play together and enjoy each other's company.

House Churches

- Schedule a play date with your House Church this week. You could meet at the park, play cornhole, have a board game night, or have a pool party!

Week 3

in the Bible

The Lord appeared to Abraham near the great trees of Mamre while he was sitting at the entrance to his tent in the heat of the day. Abraham looked up and saw three men standing nearby. When he saw them, he hurried from the entrance of his tent to meet them and bowed low to the ground.

“Where is your wife Sarah?” they asked him.

“There, in the tent,” he said.

Then one of them said, “I will surely return to you about this time next year, and Sarah your wife will have a son.”

Now Sarah was listening at the entrance to the tent, which was behind him. Abraham and Sarah were already very old, and Sarah was past the age of childbearing. So Sarah laughed to herself as she thought, “After I am worn out and my lord is old, will I now have this pleasure?”

Genesis 18:1-2, 9-12 (NIV)

Laughing

in the World

Laughter is not the opposite of seriousness. Laughter is the opposite of despair. The world gives us plenty of reasons to despair. There’s no shortage of heartbreaking stories and bad news. There is a shortage of laughter. Laughing more does not mean we ignore or become insensitive to the troubles of this world. Laughing is a way to find and express joy in the midst of those troubles. Laughter can be holy. It’s a natural reaction to being surprised by joy. Many characters in the Bible laughed in their interactions with God because they were surprised by joy. We may have to be intentional about seeking out reasons to laugh, but laughter can still be the best medicine for too much despair.

in my Life

- If you had to guess, how many times do you laugh in a day? What things or people make you laugh the most?
- Do you intentionally seek out things and people that make you laugh? Why or why not?
- How is laughter the opposite of despair?
- Sarah laughed when God told her she would have a baby. Why do you think this was her reaction?
- How would laughing more often change your life?

More laughter. More joy. More fun!

ways to Laugh this week

Let's make Fun Month more fun! Complete our Fun Month checklist each week as an individual, family, or House Church.

- Watch a funny movie or tv show with family or friends.
- Call a friend that always puts a smile on your face.
- Find a funny podcast or audiobook.
Start and end your days by listening to it.

House Churches

- Start your House Church gathering by having everyone pick out a video clip that always makes them laugh. Share your videos with the group.
- End your House Church meeting with everyone telling one of their favorite funny stories from their life.

Week 4

in the Bible

By the seventh day God had finished the work He had been doing; so on the seventh day He rested from all His work. Then God blessed the seventh day and made it holy, because on it He rested from all the work of creating that He had done.

Genesis 2:2-3 (NIV)

Very early in the morning, while it was still dark, Jesus got up, left the house, and went off to a solitary place, where he prayed. Simon and his companions went to look for him, and when they found him, they exclaimed: "Everyone is looking for you!"

Mark 1:35-37 (NIV)

Resting

in the World

God created the world and then rested for a whole day. God told us to follow His example. Most of us couldn't pull off resting for a few hours. Forget about a whole day! There is simply too much to do. But if God could rest for a day and the world kept spinning, surely we can take a break every now and then too. Real rest has become a lost art. We take a break from one thing, but only so we can continue to do another thing instead. We don't take time to recharge, we try to power through. But the truth is, we do not have an endless supply of energy. If we do not choose to stop and rest, life will force us to rest when we run out of energy. God modeled a routine of activity and rest. Jesus made rest a priority. Regular rest is one of the Ten Commandments because God knows a life without regular rest is one full of stress, frustration, and misery.

in my Life

- If you were to rest for a whole day, how would you spend that day?
- Do you have a daily or weekly routine of rest? What does that look like for you? If not, what could it look like?
- What would a life without rest look like? How close are you to living that reality?
- Why do you think God commanded us to have a regular sabbath or practice of rest?
- How does regular rest make life more fun?

More rest. More energy. More fun!

ways to Rest this week

Let's make Fun Month more fun! Complete our Fun Month checklist each week as an individual, family, or House Church.

- Practice at least 15 minutes of intentional rest to end each day this week. Spend that time doing something that recharges your batteries.
- Rest like Jesus. Go to a quiet, solitary place and spend an hour with God.
- Take a sabbath from technology. Pick a day and time that works well for you and turn off your phone for at least three hours. Overnight doesn't count!

House Churches

- Plan something fun and relaxing to do together. Make plans to participate in our Dynamic Duos study that will start next week!

Well,
that was

FUN!



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