CELEBRATIONS

Health Challenges for Sabbath Announcements
and/or Bulletin Inserts
Using CELEBRATIONS as a Guide

The CELEBRATIONS acronym was developed by the Seventh-day Adventist Church Health Ministries Department to provide structure for presenting a balanced, wholistic approach to Christ-centered health and wellness. The following list of suggestions for incorporating CELEBRATIONS into your daily life comes courtesy of the Chesapeake Conference of Seventh-day Adventists.

__CHOICES__

1. God’s wish for you is a prosperous healthy life (3 John 2).
   - I choose to read one book this week on health.
   - I will share with two people a valuable health principle or practice.

2. Jesus came to our world to help us have a more abundant life (John 10:10).
   - I will pray each day this week for God to help me discover the more abundant life.
   - I will ask _____________ to pray that my life will bring God glory.

__EXERCISE__

1. In God we live, move, and have our being (Acts 17:28).
   - This week, I will exercise daily by walking (running, cycling ...) with the Lord as I pray for my neighbors when passing their homes.

__LIQUIDS__

1. In Isaiah 41:17, the Lord promises water to the poor and needy who are thirsty. An adult needs a minimum of 6 to 8 glasses of water every day. Some researchers tell us that we need one ounce for every pound of body weight.
   - This week, I will focus my attention on drinking the water my body needs.

__ENVIRONMENT__

1. God will destroy those who destroy the earth (see Revelation 11:18).
   - This week, I will seek to discover how I can better care for the environment.

__BELIEF__

1. In Proverbs 3:5, we are invited to trust in the Lord with our whole heart and not depend on our understanding.
I will spend at least 15 minutes each day this week praying and studying for an increase of faith in God's ability to fulfill His promises.

**REST**

1. Jesus invites us to come to Him and find rest (Matthew 11:28).
   - With Jesus' help, I will concentrate on getting sufficient rest (sleep, relaxation, vacations ...)

**AIR**

1. The counsel to pray without ceasing (I Thessalonians 5:17) is often compared to our need to breathe.
   - I will seek to spend some time each day this week in the fresh air.

**TEMPERANCE**

1. In I Corinthians 9:25, we are encouraged to be temperate in all things.
   - By God's grace, I will seek to avoid harmful foods, beverages, and activities, and to practice moderation in my work, phone use, television viewing, spending ...

**INTEGRITY**

1. To choose a good name is better than great riches (Proverbs 22:1).
   - Recognizing that a "good name" (an honest, trustworthy character) is so valuable -- I will seek by God's power to follow the Holy Spirit's direction in my life.

**OPTIMISM**

1. "Happy are the people whose God is the Lord (Psalm 144:15)." "Rejoice in the Lord always (Philippians 4:4)." One study (Breslow-Belloc) discovered that the death rate for unhappy people was 57 percent higher than for those who are happy.
   - By God's grace, I will seek to be a happy, joy-filled Christian.

**NUTRITION**

1. In the first chapter of Daniel, we are told that he and his three friends requested a simple vegetarian diet. As a result, they were significantly wiser than the king's regular counselors.
   - I will seek to eat more healthfully, so I can better bring "glory to God" (see I Corinthians 10:31).

**SOCIAL SUPPORT**

1. There is safety in seeking counsel from many (see Proverbs 11:14). It is not safe to always take one person's word as the final answer. It is important to get a second opinion. Ultimately, the counsel you choose to follow is up to you.
I plan to work with others (church friends, pastor, community resources ...) as I seek to practice healthy principles of Christian living and introduce others to the benefits of physical, mental, spiritual, and social health (Jesus' healthy life and ministry are described in Luke 2:52 and Matthew 4:23).