



"Facing the Holidays"

Facing the Holidays this year, we need to be...

- Understanding the difficult times in which we live.
- Seeing things as they really are.
- Trusting in God's truth.

As we Face the Holidays, there are...

- **Those who are anxious** - Dealing with the anxiety/worry in my life...

"...The Lord is near. Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God." Philippians 4:5-6

Recognize that the Lord is here and wants to help you with your problems. (Verse 5)

Communicate with the Lord and give Him your problem. (Verse 6)

- Through prayer...(Greek: Proseuche) Worship God and see Him as being bigger than your problem.
- Through supplication...(Greek: Deesis) Seek God's help for you and others.
- Through Thanksgiving...(Greek: Eucharistia) Reflect on how God has worked in your life.
- Through Making Request...(Greek: Aitema) Ask God to meet your particular needs in His way.

Recognize God's protection of your mind...

"...and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus." Philippians 4:7

The antidote to worry is a secure mind...

"Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid." John 14:27

- God's Peace
- Guards your heart and mind

As we face the Holidays, there are...

- **Those who are lonely** - Dealing with the loneliness in my life...

"Turn to me and be gracious to me, for I am lonely and afflicted. The troubles of my heart are enlarged; bring me out of my distresses. Look upon my affliction and my trouble, and forgive all my sins." Psalm 25:16-18

Loneliness is the emptiness that comes from being alone. Loneliness is existence without completion.

Loneliness encourages us to find fulfillment...

- In a right relationship to Him
- In a right relationship to a life partner (husband/wife)
- In a right relationship to a community of like-minded people

Loneliness can be misused...

- Self-pity
- Self-fulfillment

Loneliness can be used in our life to...

- Find fulfillment in Christ
- Demonstrate that fulfillment to others

As we Face the Holidays, there are...

- **Those who are grieving** - Dealing with the losses in my life...

“But you, God, see the trouble of the afflicted; you consider their grief and take it in hand. The victims commit themselves to you; you are the helper of the fatherless.” Psalm 10:14 NIV

The Holidays are especially difficult

Some important steps grieving people can take this Holiday Season... (Surviving the Holidays Workbook pg. 9)

- Recognize the Holidays are going to be tough.
- Don't fight the added emotions.
- Set realistic expectation.
- Ask God to help you.

As we Face the Holidays, there are...

- **Those who are experiencing broken family relationships** - Dealing with the fractured relationships in my life...

“Be kind to one another, compassionate, forgiving each other, just as God in Christ also has forgiven you.” Eph. 4:32

- Seek and offer forgiveness.
- Extend grace and kindness to others.
- As much as it depends on you live at peace with others.

“If possible, so far as it depends on you, be at peace with all people.” Romans 12:18

Conclusion:

Discussion Questions:

1. As you Face the Holidays, what are you looking forward to?
2. What will be most difficult for you this Holiday Season? How have you seen God's presence in these difficult times?
3. How can you reach out to someone who is hurting during the Holidays?
4. How can you share the Gospel of Christ with family, friends or co-works this Christmas Season?