

Preparing for the HOLIDAZE

Table Discussion Guide

Week 1 - Simplicity

Main Point: Do I manage my time or does my time manage me?

Discussion Opener

When it comes to the Holidays, what parts do you most look forward to? What parts do you least look forward to?

Discussion Questions

1. Be honest, how would you answer the question “Do I manage my time or does my time manage me?”
What does time management look like in your life?
2. “The recipe for joyless Holidays – let your *loads* exceed your *limits*.” Have you ever experienced a Holiday season where you felt more burden than joy? What led to that?
3. The great news is that no matter what your Holiday season has look like in the past, you can change it. Take a look at these 5 Remedies to help you find simplicity. Discuss where you are on each one. What are the challenges you have to live these out? What ways can you be better this year?
 - Reset your priorities
 - Enjoy what you already have
 - Limit the appetite
 - Assess your joy
 - Exchange material investments for relational investments

Practice/Discipline For the Week: Plan It Out: As you prepare for the upcoming Holidays, look ahead and make a plan that allows you to have a healthy rhythm. What days will you be traveling? What will you do when you are with family/friends? What do you need to say ‘no’ to so you can give your best ‘yes’ somewhere else?

