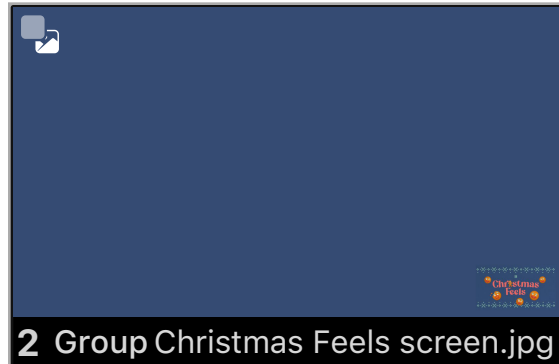


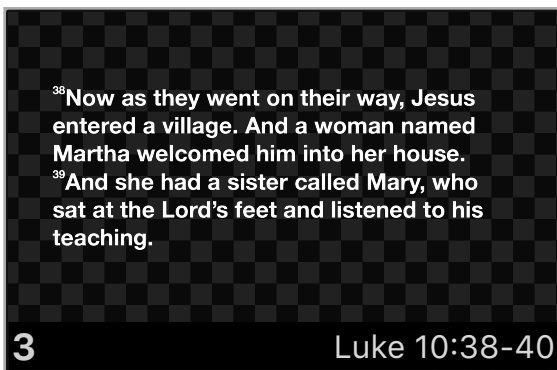


1 Group

C Feels LG.png

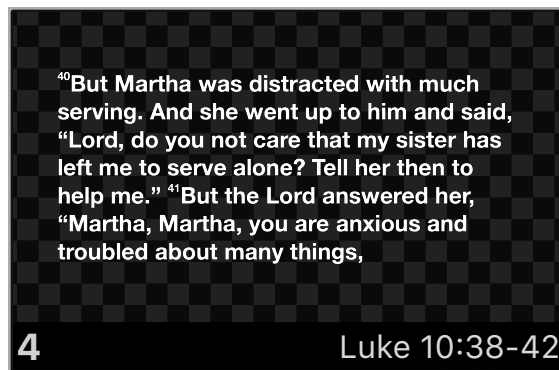


2 Group Christmas Feels screen.jpg



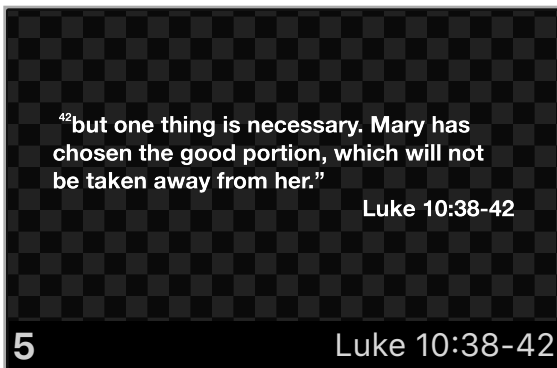
3

Luke 10:38-40



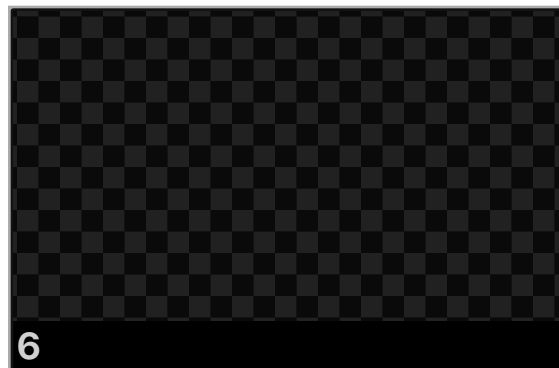
4

Luke 10:38-42



5

Luke 10:38-42



6



7

C Feels LG.png



8

Christmas Feels screen.jpg

Luke 10  
p. 869

9

Advent  
From the Latin  
“adventus” = coming/arrival

10

Christmas Feels Stressful

11

40-61% of Americans  
Dread the Holiday Season

12

#### Holiday Stressors

- Crowds & long lines
- Aggressive/thoughtless driving in store parking lots
- Getting the house back in order
- Political discussions with family members or in-laws
- Gift shopping
- Getting into debt
- Putting up holiday decorations
- Traveling
- Seasonal music
- Having to attend holiday parties, gatherings, or events
- Hosting relatives or guests
- Having to be nice
- Disappointing gifts
- Holiday tipping

13

<sup>38</sup>Now as they went on their way, Jesus entered a village. And a woman named Martha welcomed him into her house.

<sup>39</sup>And she had a sister called Mary, who sat at the Lord's feet and listened to his teaching.

14

Luke 10:38-40

<sup>40</sup>But Martha was distracted with much serving. And she went up to him and said, “Lord, do you not care that my sister has left me to serve alone? Tell her then to help me.” <sup>41</sup>But the Lord answered her, “Martha, Martha, you are anxious and troubled about many things,

15

Luke 10:38-42

<sup>42</sup>but one thing is necessary. Mary has chosen the good portion, which will not be taken away from her.”

Luke 10:38-42

16

Luke 10:38-42

**The Holiday Season  
Can Be Distracting**

**17**

**Distracted by the Performing**

**18**

**Distracted by People-Pleasing**

**19**

**Distracted by Control**

**20**

**Distracted by Guilt**

**21**

**22**

**Father, I know that I have sinned, and I believe Jesus died to pay for my sins. I believe He rose from the dead and from this day forward I give myself to you. I surrender my whole life to You, to live for You first. Thank You for making me your child today and giving me Your Holy Spirit.**

**23 Group**