

**I am leaving you with a gift – peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid.**  
**John 14:27 (NLT)**

**THE CHRISTMAS SEASON** always seems to be more frantic than any other time of the year. The Christmas concerts, the shopping, prepping for travel or hosting company. There is something about this time of year that raises the collective stress level of everybody around.

What is interesting is that this feeling of frenzy is the exact opposite of what this season is meant to be. While the world around us spins with parties, the presents, all the prep and planning, we wonder how we will get it all done, because we have nothing left to give.

**The advent season calls us to pause, to take note that for us Jesus came, that we may have peace.**

As we continue the journey through advent take some time to ask: *Is there something in life that is causing me stress or worry? Have I asked Jesus to join me in those situations or circumstances or have I been trying to deal with them on my own?*

**HIS PROMISE FOR US IS THAT HE IS OUR PEACE.** In each and every situation we have the opportunity to choose peace that rests on His unchanging nature. It is embraced as we receive the gift of Emmanuel- God with us. For to us a child is born, a son is given and he will be called Prince of Peace.

*Advent*