



"Do not be afraid.

I bring you good news of great joy
that will be for all the people.

Today in the town of David (Bethlehem)
a Savior has been born to you;
he is Christ the Lord."

Luke 2:10-11 (NIV)

Four emotions that steal Christmas joy:

Busyness

"Being too busy gives you nightmares..." Ecclesiastes 5:3 (LB)

Grief

"Lord, have mercy, because I am in misery. My eyes are weak from so much crying, and my whole being is tired from grief." Psalm 31:9 (NCV)

Loneliness

"Turn to me and have mercy on me, because I am lonely and hurting."
Psalm 25:16 (NCV)

Fear

"An anxious heart weighs a man down..." Proverbs 12:25

How to beat the Christmas blues:

1. Learn to be content.

"I am not saying this because I am in need, for I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do everything through him who gives me strength." Philippians 4:11-13 (NIV)

2. Forget the regret.

"Brothers, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus."
Philippians 3:13-14 (NIV)

3. Let God be in control.

"Yes, and I will continue to rejoice, for I know that through your prayers and the help given by the Spirit of Jesus Christ, what has happened to me will turn out for my deliverance." Philippians 1:19 (NIV)

4. Protect your thought life.

"Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things." Philippians 4:8 (NIV)

Make this passage a prayer for your life.

"I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus." Philippians 3:14 (NIV)

