

Christmas In The Country
#1: How To Deal With The Holiday Blues

1. Find a way _____

Proverbs 17:22 *A cheerful heart does good like medicine...*

2. _____

a) An _____ plan

2 Timothy 1:4 *I long to see you again, for I remember your tears as we parted. And I will be filled with joy when we are together again.*

b) _____ plan

Proverbs 21:5 *Good planning and hard work lead to prosperity, but hasty shortcuts lead to poverty.*

c) An _____ plan

Proverbs 20:25 *An impulsive vow is a trap; later you'll wish you could get out of it.*

Key: I'm not responsible for other people's feelings

Key: My feelings and choices matter

Matthew 5:37 *Say just a simple 'Yes, I will' or 'No, I won't.' Your word is enough.*

3. Get your emotions out _____

1 Corinthians 10:26 *For the earth and every good thing in it belongs to the Lord and is yours to enjoy.*

4. Take _____

Exodus 20:9-10 *You have six days each week for your ordinary work, but the seventh day is a Sabbath day of rest dedicated to the LORD your God.*

5. Add a _____ **to your holiday**

Colossians 3:2 *Set your minds on things above, not on earthly things.*

Creative ways to help you think about God at Christmas

Celebrate Christ with a simple advent wreath of greenery and candles. Light three purple candles, adding one each week, and add a lit pink candle the week before Christmas. On Christmas Eve and Christmas Day, light a large white candle in the center of the wreath celebrating Christ's coming into the world.

Set up a Nativity scene in your home.

Send out a Christian message in your Christmas cards. Instead of a silly joke about Santa's reindeer, why not share that the birth of Christ is the reason for the season? Find religious greeting card lines at most card stores, check out a Christian bookstore or look online.

Take time for devotions, and reread the Christmas story in the Book of Luke.

Buy a baby item, wrap it and place it under the tree, dedicating it to the baby Jesus. Then donate the gift to a needy family or a social service agency.

Watch "A Charlie Brown Christmas" together with your family. This cartoon by Charles Schultz is one of the few Christmas TV shows to directly deliver the gospel message.

Bake a cake for baby Jesus and sing "Happy Birthday" on Christmas morning. This ritual will help children understand the true meaning of Christmas.

Attend a Christmas church service together with your family: If you are alone this Christmas or don't have family living near you, invite a friend or a neighbor to join you.

Google "How to keep Christ in Christmas" for even more ideas.