

## 8 Ways to Beat Holiday Stress

**Isaiah 9:6 “For to us a child is born, to us a son is given, and the government will be on his shoulders. And he will be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace.”**

Jesus is the Prince of Peace, and what better way to honor his earthly birthday than to let that peace reign and rule in our hearts all year long. Here are some helpful ways to let faith take hold of God’s peace, and not lose your sanity:

1. Adopt God’s vision for Christmas, not your flesh. Christmas is all about God giving us Christ, and Christ is all about relationship to our Father God. So let relationship establish priority in how you make the holiday plans, and what you swipe on your debit card.
2. Ask for help if you need it. Invite God, and give people an opportunity to minister the love of Christ. Don’t let pride drain you and keep you from God’s provision for your peace and joy.
3. If you’re lonely, find a family. The best Christmas I’ve ever had is when the McDonald family invited us over, and we had Christmas with other people from the Church and didn’t have to drive anywhere. I love my earthly family, but with Christ, everyone gets adopted by faith.
4. When I drive six hours to go see family, the homemade pumpkin pie is great, but I came to see them. If fixing the fixin’s makes you so stressed you toxically puke over the ones you love when they finally come to see you, just cook a frozen pizza. It’s just food, and the life is in the relationship.
5. There are two words for not going into debt during Christmas: Dollar Store. If you don’t have the money to buy an awesome gift, don’t spend it. The whole time you’re buying, wrapping, and seeing them open the gift, you’ll be haunted by the thought of opening your credit card statement. If you’ve already over-spent, repent and take the gift back now. Chances are, it’ll be in a yard sale anyway (Not to be cynical).
6. If you make a Christmas tradition, make it easy enough to not be a stressor, and bring the joy of Christmas into your home. My favorite Christmas tradition I ever

saw was this really gaudy Christmas ornament that a family would pass on to some other family bloke to have on display to the whole world for the month of December.

7. Impart godly wisdom to the children as part of the presents. Proverbs 8:11 says, “For wisdom is more precious than rubies, and nothing you desire can compare with her.” That trumps any Playstation® or Plasma TV as far as God is concerned. Your kids will respect you for it later in life. A Wii™ system won’t bail you out of jail or keep you from being infected by a venereal disease, but wisdom from God will keep you from inheriting those consequences if heeded.
8. Use a Christmas tree to talk about Jesus with your family. The whole reason we use Christmas tree’s during this season is the following: The three points of the tree show the relationship of the Father, Son, and Holy Ghost to each other. Talk about how the relationship they have, affects how you relate to God and others. The fact that it’s an evergreen is to show that even in the most bitter-cold seasons of life that God’s life and love is still there when everything else is dead. Like the EVER-green, God is an EVER-present help in time of trouble, and his love is EVER-lasting.