



WEEK ONE

JOHN 3:16

God Loves the World

SAY
THIS

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about our greatest need.



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DO
THIS



MORNING TIME

As a parent, you are always taking care of your child! But this time, do something out of the ordinary, like one of their chores, and tell them you wanted to do it to meet their need. Leave a note with the task you completed telling them you love caring for them!

REMEMBER THIS

"God so loved the world that he gave his one and only Son.
Anyone who believes in him will not die but will have eternal life."
John 3:16, NIV

LIFE
APP

COMPASSION—Caring enough to do something about someone else's need

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7 WAYS TO GET TO CHRISTMAS WITHOUT A MELTDOWN

By Carey Nieuwhof

We all know Christmas creates incredible pressure, and it can cause your family to suffer under the weight of expectation. How do you fix that? I'm learning, year by year, what I need to do to make sure the prep for Christmas doesn't kill Christmas.

Here's are some holiday tips for a more peaceful holiday:

1. Create realistic expectations. If the secret to happiness is low expectations, then set realistic expectations for the holidays. Take your expectations and cut them in half. You might find some joy in the process.

2. Set a reasonable pace. When I was in school, my last exam would finish on December 23rd. I'd have 24 hours to get everything ready. I'd run into Christmas exhausted. Now, theoretically, I could start preparing in July, but I still tend to leave it too late. A sustainable pace creates a sustainable peace. And who doesn't need that?

3. Expect the unexpected. I don't like surprises, but Christmas is full of them. If you expect surprise guests, surprise commitments, surprise interruptions, and surprise expenses, you won't be as a surprised. And you'll be much more gracious.

4. Agree on a budget. Peace on earth is one thing. Peace in January is another. If you agree on a budget for everything and everyone ahead of

time, you will significantly reduce your stress before Christmas.

5. Say no. You don't have to go to every Christmas party, buy every gift on your kid's list, or send cards to everyone you know. When you say no to the less important things, you're saying yes to what matters most.

6. Rest. Someone once said 70% of discipleship is a good night's sleep. There's some truth in that. If you're rattled, frazzled, and angry, go to bed. You are at your most kind when you're most rested.

7. Prioritize time with God. Unfortunately, one of the great omissions of the Christmas season is our personal time with God. The very reason we're doing all of this is to celebrate Someone who loves you. So love Him back. Start your day with God, and you're far more likely to remember Him in all your moments.

When I follow these seven guidelines, Christmas is so much better.

But it's not just better for me, it's significantly better for everyone else around me, too.

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