

12/1-12/2

**SERIES: BEATING THE HOLIDAY BLUES**  
**Part 1: The Blues of a Spiritual Fog**

“This is how the birth of Jesus Christ came about: His mother Mary was pledged to be married to Joseph, but before they came together, she was found to be with child through the Holy Spirit. Because Joseph her husband was a righteous man and did not want to expose her to public disgrace, he had in mind to divorce her quietly.” Matthew 1:18-19, NIV

“I am the Lord’s servant,” Mary answered. “May it be to me as you have said.” Then the angel left her. Luke 1:38, NIV

**Fog Light #1: Stay in Prayer**

“O God, whom I praise, do not remain silent, for wicked and deceitful men have opened their mouths against me; they have spoken against me with lying tongues. With words of hatred they surround me; they attack me without cause. In return for my friendship they accuse me...” Psalm 109:1-4, NIV

“...but I am a man of prayer.” Psalm 109:4, NIV

“God is our refuge and strength, an ever-present help in trouble.” Psalm 46:1, NIV

“But I call to God, and the Lord saves me. Evening, morning and noon I cry out in distress, and he hears my voice. He ransoms me unharmed from the battle waged against me, even though many oppose me.” Psalm 55:16-18, NIV

“Cast your cares on the Lord and he will sustain you; he will never let the righteous fall.” Psalm 55:22, NIV

**Fog Light #2: Stay in Relationship**

“At that time Mary got ready and hurried to a town in the hill country of Judea, where she entered Zechariah’s home and greeted Elizabeth.” Luke 1:39, NIV

“Two are better than one, because they have a good return for their work: if one falls down, his friend can help him up. But pity the man who falls and has no one to help him up!” Ecclesiastes 4:9-10, NIV

**Fog Light #3: Stay Unoffendable**

“The Lord is compassionate and gracious, slow to anger, abounding in love.” Psalm 103:8  
“For as high as the heavens are above the earth, so great is his love for those who fear him”  
Psalm 103:11

“As a father has compassion on his children, so the Lord has compassion on those who fear him” Psalm 103:13

**Fog Light #4: Stay in Praise & Thanks**

“Why are you downcast, O my soul? Why so disturbed within me?” Psalm 42:5, NIV

“Put your hope in God, for I will yet praise him, my Savior and my God.” Psalm 42:5-6, NIV

“Praise the Lord, O my soul, and forget not all his benefits – who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle’s.” Psalm 103:2-5, NIV