

12/8-9/18

SERIES: BEATING THE HOLIDAY BLUES

Part 3: The Blues of Emotional Fractures

Luke 2:11 “Today in the town of David a Savior has been born to you; he is Christ the Lord.”

Matthew 2:2 “We saw his star in the east and have come to worship him.”

Matthew 2:16-18 “When Herod realized that he had been outwitted by the Magi, he was furious, and gave orders to kill all the boys in Bethlehem and its vicinity who were two years old and under, in accordance with the time he had learned from the Magi. Then what was said through the prophet Jeremiah was fulfilled: ‘A voice was heard in Ramah, weeping and great mourning, Rachel weeping for her children and refusing to be comforted, because they are no more.’”

Choice #1: Stir Up Hope!

Lamentations 3:18-21 “My splendor is gone and all I had hoped from the Lord. I remember my affliction and my wandering, the bitterness and the gall. I well remember them, and my soul is downcast within me. Yet, this I call to mind and therefore I have hope.”

Lamentations 3:22-23 “Because of the Lord’s great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness.”

Choice #2: Plan for Joy!

Nehemiah 8:10 “The joy of the Lord is your strength.”

Choice #3: Use Your Pain!

2 Corinthians 1:4 “[God] comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received from God.”

Choice #4: Lean Into Relationship!

“Sometimes we need the Lord’s presence to be visible; He usually does that through people.”

Choice #5: Remember The End!

John 14:1-3 “Do not let your hearts be troubled. Trust in God; trust also in me. In my Father’s house are many rooms; if it were not so I would have told you. I am going there to prepare a place for you. And if I go and prepare a place for you, I will come back and take you to be with me that you also may be where I am.”

1 Peter 5:10 “And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast!”

1 Corinthians 2:9 “No eye has seen, no ear has heard, no mind has conceived what God has prepared for those who love him.”