

# DE-STRESSING THE HOLIDAYS

Pastor George Dupree – November 28, 2010

## UP

It's easy to get distracted... So we have to focus on things above, not earthly things. When we focus on the things of God we can better deal with the things of this earth.

- † Colossians 3:1 Since, then, you have been raised with Christ, set your hearts on things above, where Christ is seated at the right hand of God. 2 Set your minds on things above, not on earthly things.

## FOR THE HOLIDAYS

During the holidays we can alleviate stress by reaching out to others. We can look around us and see that there are people who are in need. Not just in need of material things but also in need of compassion, kindness and patience

- † Colossians 3:12 Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience

## OTHERS

During the holidays there will be plenty of opportunities to forgive. From forgiving the person who takes your parking spot, to the rude cashier or the person who cuts you in a line to the more serious offenses of life. We have to forgive the friend or relative who has hurt us in the past. All of these things are opportunities for us to forgive, and forgive we must.

- † Colossians 3:13 Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you.

## OTHERS

The key to it all is love. It always comes down to that one thing... love. It's the thing that started it all with God sending His Son to us because He loved us. Jesus came to us with

Compassion – Kindness – Humility - Gentleness - Patience

Jesus showed us the way to live. Love binds it all together. Love is the glue that can repair a broken life; it's the glue that holds us together when our world is falling apart. Love Is The Key.

- † Colossians 3:14 And over all these virtues put on love, which binds them all together in perfect unity

## LET \_\_\_\_\_ RULE

These are the steps to De-Stress The Holidays – If we live by these instructions we will have the powerful peace of God Rule Our Hearts

- † Colossians 3:15 Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful

And don't forget it's still November so be thankful.