

HOLIDAY STRESS SURVIVAL

ISAIAH 9:6

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.

THE BIG THREE...

THE BIG THREE...

- EXPECTATIONS

THE BIG THREE...

- EXPECTATIONS
- UNCONTROLLABLES

THE BIG THREE...

- EXPECTATIONS
- UNCONTROLLABLES
- OBLIGATIONS

WHAT I EXPECT

THE GAP

WHAT I EXPERIENCE

MIND THE GAP...

MIND THE GAP...

- **Avoid trying to be everything to everybody.**

MIND THE GAP...

- **Avoid trying to be everything to everybody.**
- **Let people be who they are.**

FILL THE GAP...

FILL THE GAP...

- **Refocus your hope upon the Lord.**

PSALM 33:20-22

²⁰ We wait in hope for the Lord; he is our help and our shield. ²¹ In him our hearts rejoice, for we trust in his holy name. ²² May your unfailing love be with us, Lord, even as we put our hope in you.

FILL THE GAP...

- **Refocus your hope upon the Lord.**
- **Make gratefulness your goal.**

PHILIPPIANS 4:4,6-7

⁴ Rejoice in the Lord always. I will say it again: Rejoice!

PHILIPPIANS 4:4,6-7

⁶ ...Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

PRINCE OF PEACE

