

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

ESPECIALLY WHEN I DON'T WANT TO...

- **Being at parties you would rather not be at**

- **Being at parties you would rather not be at**
- **Being with people you would rather not be with**

- Being at parties you would rather not be at
- Being with people you would rather not be with
- Spending money you would rather not spend

- Being at parties you would rather not be at
- Being with people you would rather not be with
- Spending money you would rather not spend
- Doing shopping you would rather not do

- Being at parties you would rather not be at
- Being with people you would rather not be with
- Spending money you would rather not spend
- Doing shopping you would rather not do
- Taking trips that you would rather not take

- Being at parties you would rather not be at
- Being with people you would rather not be with
- Spending money you would rather not spend
- Doing shopping you would rather not do
- Taking trips that you would rather not take
- Giving time you would rather not give

SOME BIBLICAL OBLIGATIONS...

PHILIPPIANS 2:3,4

³ Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, ⁴ not looking to your own interests but each of you to the interests of the others.

ROMANS 13:8

⁸ Let no debt remain outstanding, except the continuing debt to love one another, for whoever loves others has fulfilled the law.

MATTHEW 20:28

...²⁸ just as the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many.

SOME COPING TRUTHS TO REMEMBER...

SOME COPING TRUTHS TO REMEMBER...

- You can choose your attitudes

PHILIPPIANS 4:4

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

SOME COPING TRUTHS TO REMEMBER...

- You can choose your attitudes
- You can pray over those you feel obligated to

PHILIPPIANS 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.

SOME COPING TRUTHS TO REMEMBER...

- You can choose your attitudes
- You can pray over those you feel obligated to
- You can put boundaries around your thoughts

PHILIPPIANS 4:8

⁸ Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

THEREFORE,
TURN YOUR HAVE-TO'S
INTO CHOOSE TO'S

