

How Not to Ruin the Holiday Season

Dr. John Carmichael

[Luk 2:10-14 NASB95] 10 But the angel said to them, "Do not be afraid; for behold, I bring you good news of great joy which will be for all the people; 11 for today in the city of David there has been born for you a Savior, who is Christ the Lord. 12 "This [will be] a sign for you: you will find a baby wrapped in cloths and lying in a manger." 13 And suddenly there appeared with the angel a multitude of the heavenly host praising God and saying, 14 "Glory to God in the highest, And on earth peace among men with whom He is pleased."

- There are studies that suggest that family fights happen during the holiday season than any other time of the year. People gain more weight during the holiday season. People get into more debt during the holiday season. People get overwhelmed during the holiday season.
- People make so many mistakes during the holiday season that it become ruined for them.
- This season is supposed to one of "great joy."

Does the Bible help us to avoid ruining this holiday season?

Here are seven practical Biblical tips to avoid ruining this holiday season.

I. Practice self-care.

- a. [Mar 6:31 NASB95] 31 And He said to them, "Come away by yourselves to a secluded place and rest a while." (For there were many [people] coming and going, and they did not even have time to eat.)
- b. Rest.
- c. Exercise.
- d. Eat moderately.
- e. Accept invitations to be with people.

II. Live at peace with people.

- a. [Rom 12:18 NASB95] 18 If possible, so far as it depends on you, be at peace with all men.
- b. Do your best to live at peace with people.
- c. Overlook offenses. [Pro 19:11 NASB95] 11 A man's discretion makes him slow to anger, And it is his glory to overlook a transgression.

III. Be present.

- a. [Psa 118:24 NASB95] 24 This is the day which the LORD has made; Let us rejoice and be glad in it.
- b. It is ok to appropriately reminisce about the past or to look forward to the future.
- c. Cherish today. Love the people who are here now.

IV. Spend wisely.

- a. [Pro 21:20 NASB95] 20 There is precious treasure and oil in the dwelling of the wise, But a foolish man swallows it up.
- b. Stick to a budget.
- c. Avoid impulse spending.

V. Focus on the positives.

- a. [Phl 4:8-9 NASB95] 8 Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things. 9 The things you have learned and received and heard and seen in me, practice these things, and the God of peace will be with you.

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- b. Some things will not go exactly as you have planned. People will disappoint you.
- c. DEAL with problems but do not DWELL on problems.
- d. Focus on good things. It is how you have peace.

VI. Live like a Christian.

- a. [Rom 6:12-13 NASB95] 12 Therefore do not let sin reign in your mortal body so that you obey its lusts, 13 and do not go on presenting the members of your body to sin [as] instruments of unrighteousness; but present yourselves to God as those alive from the dead, and your members [as] instruments of righteousness to God.
- b. Avoid things like getting drunk or sex outside of marriage.
- c. It is not worth ruining your walk with God and witness with others.

VII. Be faithful to God.

- a. [1Sa 12:24 NASB95] 24 "Only fear the LORD and serve Him in truth with all your heart; for consider what great things He has done for you.
- b. Maintain your pursuit of God.
- c. Pray. Read the Bible. Be faithful to church.

- **God wants this season to be a season of great joy by living by seven Bible ways to avoid ruining the holiday season.**