



ChristmasTIME for Your Spirit: December 18-19

CHRISTMAS MUSIC

This time of year we are constantly having messages bombard our minds, whether it is Christmas music, sleigh bells, Santa bringing presents, and other happy little jingles. These sounds and images can be overwhelming for our minds and we can begin to think that Christmas is all about those frivolous things, all about happiness and fun. We may think Christmas is about all these messages other than the one Christmas is most about.

Read Galatians 3:1-11.

These enjoyable worldly messages are not bad in and of themselves. However if we believe Christmas is all about messages of sleigh bells and candy canes, then our minds are not on what it is all about. At this Christmas time, it is important for us to have a renewed mind on Jesus coming to be with us. He has come to give us a new mind that focuses on Him, over and above those things that would have us drift away from Him. Let us be reminded and thankful for this new mind we have in Jesus.

Family Questions:

What worldly messages in your mind this Christmas are getting in the way of you knowing Jesus and his forgiveness?

To hear the messages from the past weekend:
<http://www.stjohnrochester.org/resources/sermons/>



ChristmasTIME for Your Spirit: December 21-22

PREPARATION STRESS

At this time of year, the stress of preparation can get in the way. We all are starting to feel it. Maybe for you today it is thinking about the parties to plan, or food to prepare, or presents to wrap. We can wake up at night thinking about the perfect gift to give someone. Our minds can be racing with all the things that need to get done. But this year maybe we can slow down and remember God is handling this.

Read Matthew 1:18-25.

Joseph was also very stressed with what was going on in his life. An angel had to appear to him and bring him peace in this situation. We too can be worried about all the wrong things. We as His people are given a new mind to help us trust that God is in control. He is working these things out for us. This Christmas season, take some time to slow down and give some of your worries over to Him. Ask Him for this new mind so that you can focus on His Son Jesus.

Family Questions:

What has you worried today? What things can we give up to Jesus and trust Him to handle?



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