

MERRY STRESSMAS
Transforming Christmas from Stressed to Blessed
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December 15, 2019

The Gift of Less Stress

Luke 2:1-21 NLT

Less stress when we start _____

Mary and Joseph prioritized Jesus during stressful _____.

Less stress when we start _____ in our daily rhythm of life

The shepherds chose to _____ what God was doing.

Less stress when we start _____ to Jesus

Less stress when we start _____ Jesus

Chair Time Tools:

Think about the following questions in relation to your Christmas season:

- 1) Why can it be difficult to keep Jesus a priority at this time of year?
- 2) What can you do to prioritize Jesus when the transitions of life are difficult?
- 3) One of the names of Jesus that gets announced this time of year is "Prince of Peace". What can you do to experience more of this attribute of Jesus today?