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From The Pastor's Pen*

Reducing Christmas Stress



For many of us, the celebration of Christmas is filled with despair, disappointment and depression as we are overwhelmed with the pressures of having a Merry Christmas. We fail to remember the very reason that this celebration exists. Here are a few suggestions for reducing your Christmas stress:

- 1. Determine to spend quality time with God this holiday season in prayer and worship. Find the time to put Christ back in to your Christmas.*
- 2. Reach out to others who are needy by giving the gifts of your Talents, Time and Treasure. Acts of kindness are refreshing to you as well as to those who are struggling or needy.*
- 3. Think of ways to reduce your spending. You need to ask yourself. "Do I really need to prepare a long gift list? Do I really need to spend this much money for gifts?" Chances are, you don't.*
- 4. Think about the message that you are sending to your children about Christmas. It is by your actions that you reflect whether the true meaning of Christmas has been lost or not.*
- 5. Remember that there are Responsibilities after Christmas. Be sure not to lose sight of your everyday necessities.*

Pastor Larry J. Dennison