



Overcoming Holiday Stress

Session 1: Proactive Preparation

Proactive Awareness

Carry each other's burdens, and in this way you will fulfill the law of Christ. Galatians 6:2

Extra accommodation

New boundaries

Revised expectations

Exercise: What burdens could people in your circle (or you) be carrying this Christmas?

Proactive Response

By this everyone will know that you are my disciples, if you love one another.. John 13:35

Bridging gaps of isolation

Bringing people together

Building new relationships

Exercise: What could you do to be a burden-carrying friend this season?

Prepared for Conflicts

What's the why?

Find the middle ground: peacemaking

Let us therefore make every effort to do what leads to peace and to mutual edification.

Romans 14:19

Own 100% of your 5%

...first take the plank out of your own eye, and then you will see clearly to remove the speck from your brother's eye.

Matthew 7:5

The **PAUSE** Process

Prepare

Affirm Relationships

Understand and Acknowledge Interests

Search for Creative Solutions

Evaluate Options

Forgiveness is and is not...