HOW TO BEAT THE HOLIDAY BLUES

I. FIRST, WHAT CAUSES THESE HOLIDAY BLUES?

A. One cause is said to be “unrealistic expectations”.

B. A second cause of the holiday blues is financial pressure

C. A busy schedule can cause the “holiday blues”.

D. Family conflict can most certainly cause the blues.

II. HOW CAN WE BEAT THE HOLIDAY BLUES?

A. First, rethink your expectations.

B. Second, rethink your obligations.

C. Third, rethink you traditions.

D. Fourth, rethink your motivation.

E. Rethink the purpose of Christmas.—Isa. 9:6