

HOW TO BEAT THE HOLIDAY BLUES
Isaiah 9:6 / DEC. 2017, 2017 / WED

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