



I. THE DANGERS OF CHRISTMAS BUSYNESS

1. Busyness can distract me from what God is doing

“But you, Bethlehem Ephrathah, though you are small among the clans of Judah, out of you will come for me one who will be ruler over Israel, whose origins are from of old, from ancient times.”

Micah 5:2 (NIV)

For the Scriptures clearly state that the Messiah will be born of the royal line of David, in Bethlehem, the village where King David was born.”

John 7:42 (NLT)

2. Busyness can distract me from the needs of others

The generous will prosper; those who refresh others will themselves be refreshed.

Proverbs 11:25 (NLT)

3. Busyness can distract me from what is most important in life

Don't be like the people of this world, but let God change the way you think. Then you will know how to do everything that is good and pleasing to him.

Romans 12:2 (CEV)

II. THE ANTIDOTE TO CHRISTMAS BUSYNESS

1. Realize that my worth comes from God

He chose to give birth to us by giving us his true word. And we, out of all creation, became his prized possession.

James 1:18 (NLT)

2. Choose to enjoy what you already have

I know how to live on almost nothing or with everything. I have learned the secret of contentment in every situation, whether it be a full stomach or hunger, plenty or want; for I can do everything God asks me to with the help of Christ who gives me the strength and power.

Philippians 4:12-13 (TLB)

3. Remember the importance of rest

You have six days each week for your ordinary work, but the seventh day is a Sabbath day of rest dedicated to the LORD your God. On that day no one in your household may do any work. This includes you...

Exodus 20:9-10a (NLT)

4. Develop realistic expectations of the holiday

PSALM 23 FOR BUSY PEOPLE

The Lord is my Pace Setter, I shall not rush,
He makes me stop and rest for quiet intervals,
He provides me with images of stillness,
Which restore my serenity.
He leads me in ways of efficiency,
through calmness of mind; and his guidance is peace.
Even though I have a great many things to accomplish each day,
I will not fret, for his presence is here.
His timelessness, his all-importance will keep me in balance.
He prepares refreshment and renewal in the midst of my activity,
by anointing my head with his oils of tranquility,
My cup of joyous energy overflows.
Surely harmony and effectiveness shall be the fruit of my hours,
For I shall walk in the pace of my Lord,
and dwell in his house for ever.

Toki Miyashina

5. Decide to stay focused on Jesus – not Christmas

Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light."

Matthew 11:28-30 (NLT)