

# How to Have a Merry Christmas

■ \_\_\_\_\_ about it.

*1 Peter 5:6-7, Ecclesiastes 4:9-10,12, Matthew 5:4*

■ Say \_\_\_\_\_.

*Philippians 4:6, Ephesians 5:20*

■ Focus on \_\_\_\_\_.

*Philippians 4:8-9*

■ \_\_\_\_\_ someone \_\_\_\_\_.

*Acts 20:35, John 15:11-12, Luke 6:38*

# Transformed by the Truth

Questions for reflection and discussion

1. Do you struggle with feeling blue during the holiday season? If so, what about? If not, how do you try to help those who are depressed?
2. When you are feeling blue, who do you talk to about it? Who haven't you talked to that might be able to help?
3. What are some things that you can thank God for in the midst of your circumstances? Who can you write a "thank you" note to?
4. What are some good parts of your life that have been eclipsed or neglected because of depression? What can you resume doing that might help change your mood?
5. Who is someone you know that could use your help or attention right now? How might God want you to give them a hand?