



## TEN STEPS TO GETTING THROUGH THE HOLIDAYS

*We can't get around the holidays but we can get through them.*

1. Trust God for who He is and for what only He can do.

The LORD is close to the brokenhearted and saves those who are crushed in spirit.  
[Psalm 34:18,NIV]

2. Give yourself permission to grieve.

"Blessed are those who mourn, for they shall be comforted." [Matthew 5:4]

3. Pray at least one of biblical promises each day.

4. Write in a journal each day.

5. **TREAT YOURSELF!**

6. Honor those you love.

7. Create a new tradition.

8. Find someone or someplace to serve!

Be devoted to one another in love. Honor one another above yourselves. [Romans 12:10,NIV]

9. Celebrate the Reason for the Season – God in Christ Jesus!

10. **IF NECESSARY, GET HELP!**

To join our support group text BLUE to 318-225-7510.