

## TEN STEPS TO GETTING THROUGH THE HOLIDAYS

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

- 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]
- 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.

<ol> <li>TREAT YOURSELFI</li> <li>Honor those you love.</li> <li>Create a new tradition.</li> <li>Find someone or someplace to servel         Be devoted to one another in love. Honor one another above yourselves. [Romans 12:10,NIV]</li> <li>Celebrate the Reason for the Season — God in Christ Jesus!</li> <li>IF NECESSARY, GET HELP!</li> </ol>		4.	Write in a journal each day.
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10. IF NECESSARY, GET HELP!			
		9.	Celebrate the Reason for the Season — God in Christ Jesus!
To lain any arrange group tout DLUE to 710 00F 7F10		10.	IF NECESSARY, GET HELP!
TO JOIN OUR SUDDOM STOUD TEXT BLUE TO SIGE//SE/SIU	To	ioin	our support group text BLUE to 318-225-7510.