

THE MOST \_\_\_\_\_ TIME OF THE  
YEAR  
WEEK ONE

TALK IT OVER

Key Scriptures:

Come to me, all you who are weary and burdened, and I will give you rest.

Mt 11:28

Have you ever been in an environment where everyone wants something that will stress you out.  
@PaulWingfield

Thoughts you have from listening to the message:

**Start celebrating. Revisit action item(s) from last week.**

- Wrap up any discussion from last week.

**Start talking.**

- When you here It's the most \_\_\_\_\_ time of the year what do you think of and why?

**Start sharing. Choose questions that create openness.**

- What are some of the reasons that this time of the year is feeling crazy to you?
- How is the craziness changing the way you view Christmas?
- Read Luke 6:12, Mt 14:13,14:23 Mk 1:35. Jesus knew he need to get time alone. In what are you trying to find time to be alone with God? How does that change how you handle the craziness of life?
- Do you find yourself committing to everything? Why Is It so hard to say no to things?
- Money can be one of the biggest stress factors during Christmas. What would happen if we only spent what we can and maybe some people didn't receive gifts?
- Why do you think so many people drink excessively during the holiday season? How have you seen alcohol add to the craziness of the Christmas season?
- How have you had a certain vision about Christmas only to not have live up to your expectations? How does this add to the craziness?
- What are some ways this season you plan to keep your focus and connection on Jesus?

**Start praying. Be bold and pray specifically.**

Father, if we are really honest Christmas often feels so crazy that we go through the season missing the reason we celebrate In the first place. Help us to find a way to withdraw from the craziness and focus on him. Don't let our focus be on buying gifts and begin at every event instead help us to focus on Jesus and rejoice in the fact you have come to be with us.