

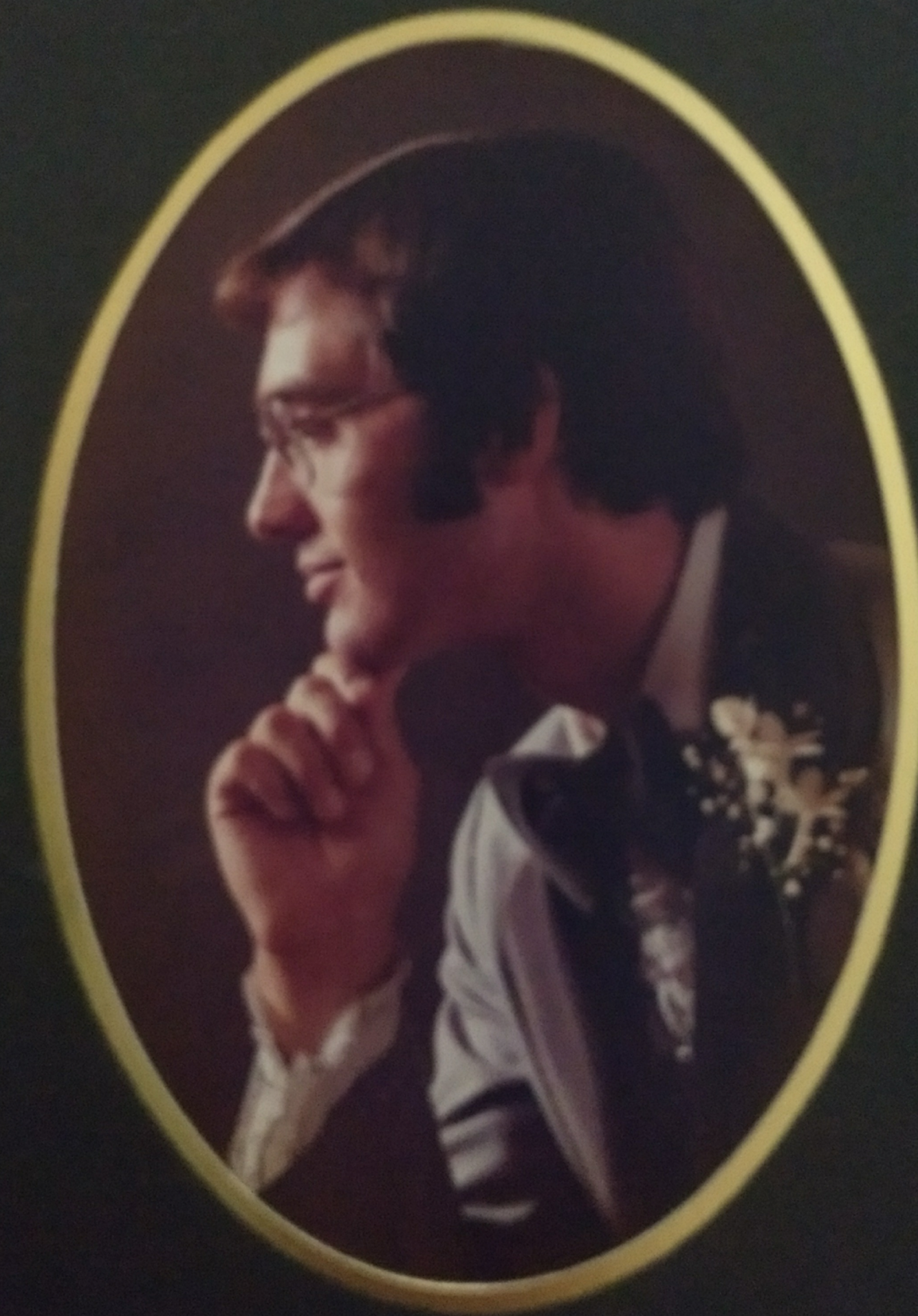


ARE YOU  
SAD?

THRIVING THROUGH THE HOLIDAY SEASON



ARE YOU  
**SAD?**



THRIVING THROUGH THE HOLIDAY SEASON



**SAD** = Seasonal Affective Disorder or the “winter blues” – a type of depression related to changes in the seasons.

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**SAD = SURVIVING ANOTHER DECEMBER!**

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TAKE TIME TO BE

*GRATEFUL*  
*GRACIOUS*  
*GENEROUS*

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TAKE TIME TO BE

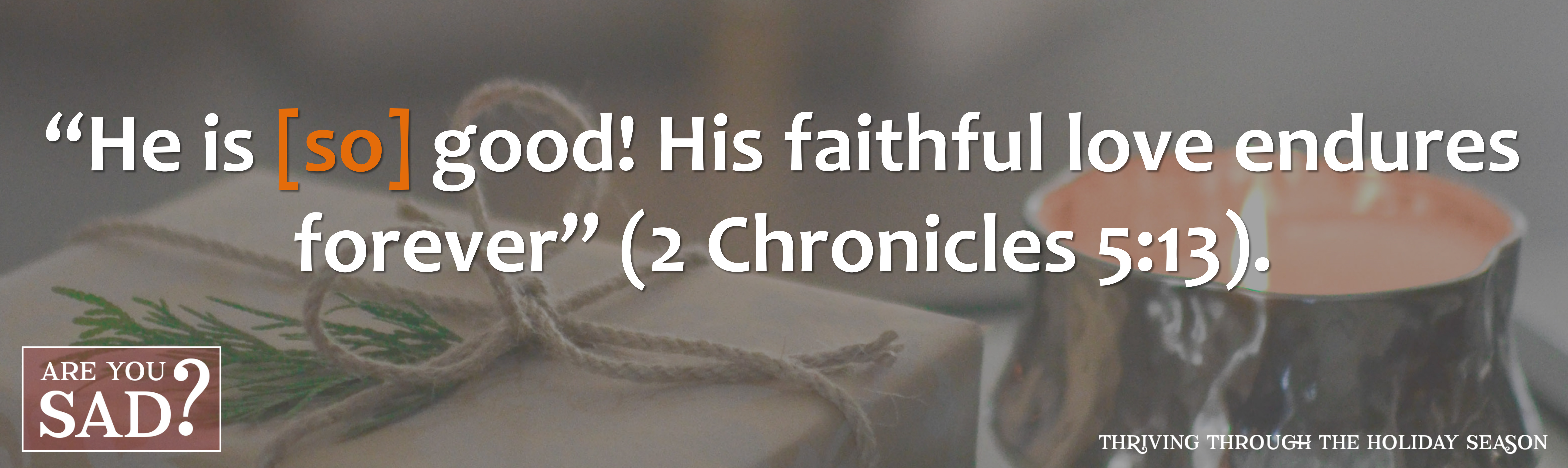
*GRATEFUL*

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*GENEROUS*

ARE YOU  
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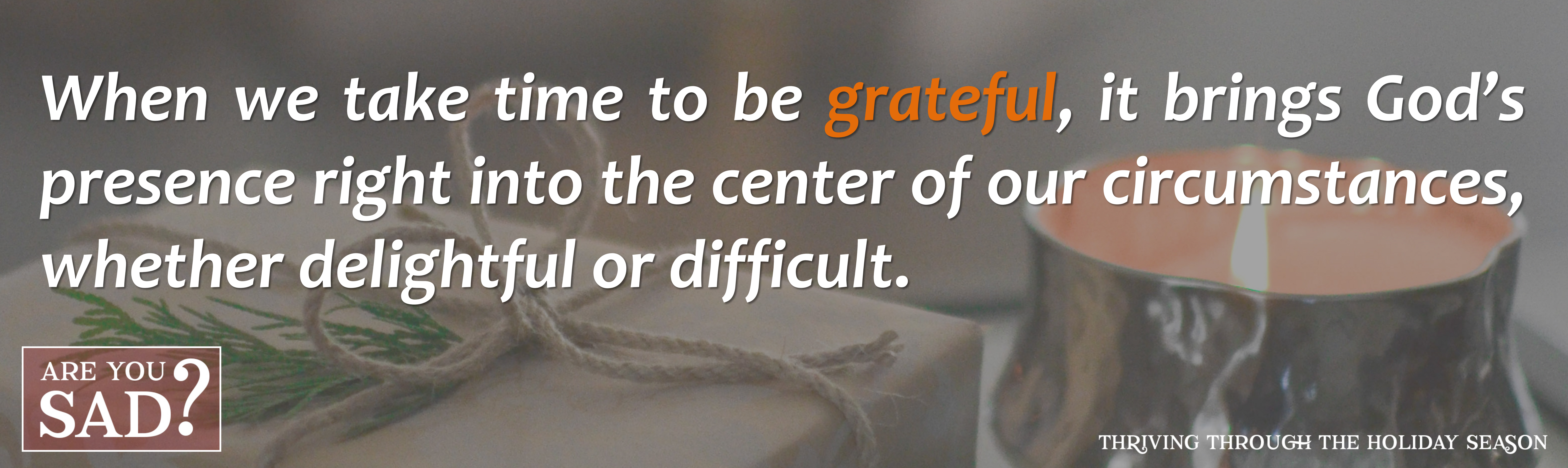
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“He is **[so]** good! His faithful love endures forever” (2 Chronicles 5:13).

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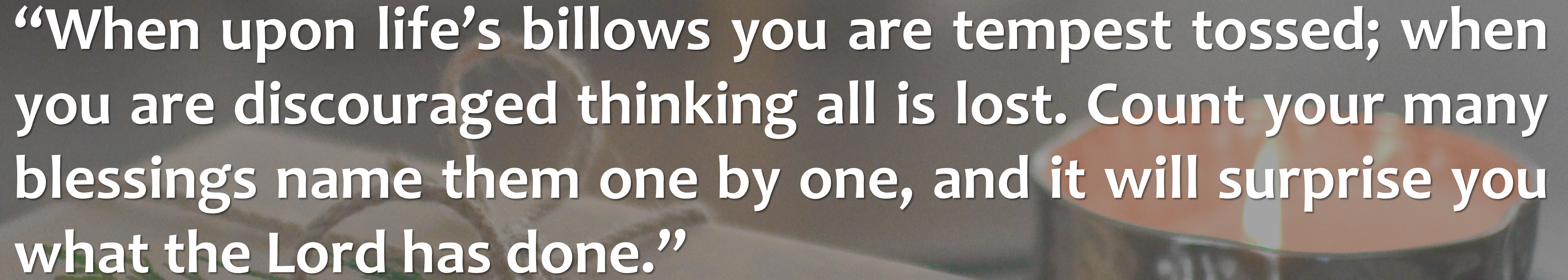
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A close-up, slightly blurred photograph of a dark-colored cup filled with a warm, orange-brown liquid, likely mulled wine. Several cinnamon sticks are tucked into the drink, and a slice of orange is visible on the rim. The background is dark and out of focus.

*When we take time to be **grateful**, it brings God's presence right into the center of our circumstances, whether delightful or difficult.*

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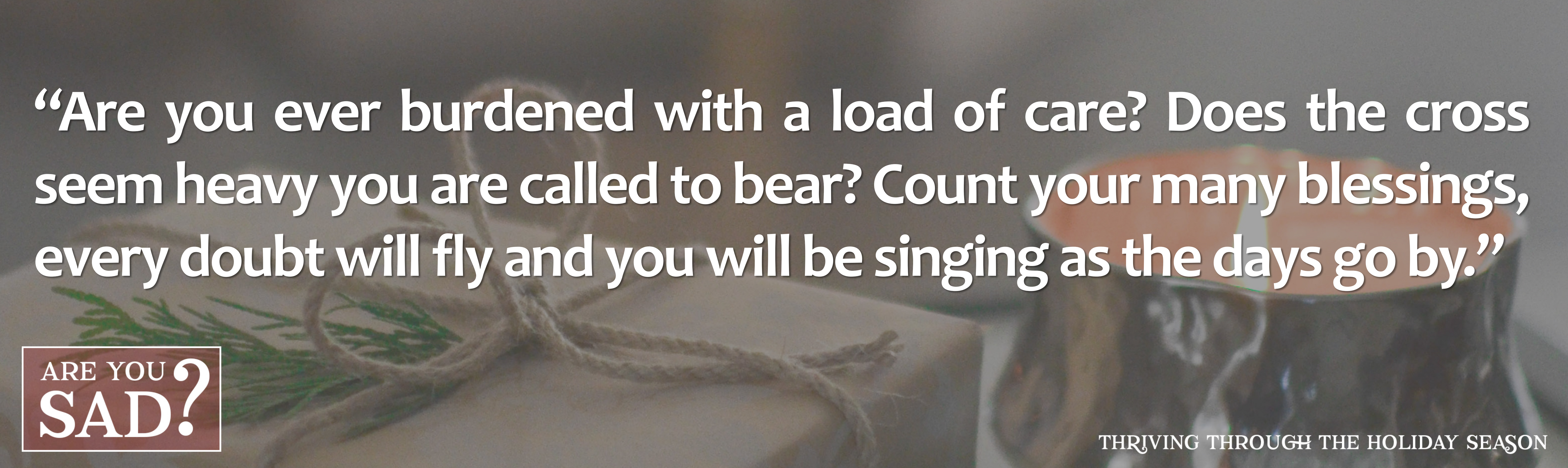
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**“When upon life’s billows you are tempest tossed; when you are discouraged thinking all is lost. Count your many blessings name them one by one, and it will surprise you what the Lord has done.”**

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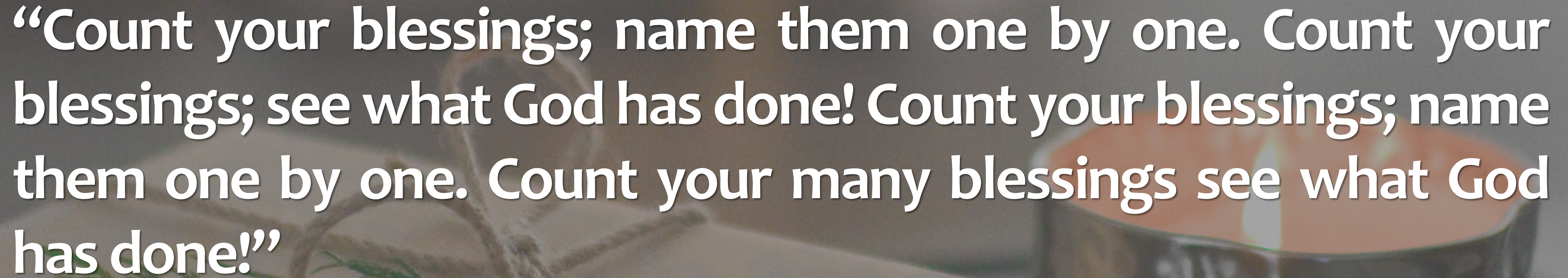
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“Are you ever burdened with a load of care? Does the cross seem heavy you are called to bear? Count your many blessings, every doubt will fly and you will be singing as the days go by.”

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“Count your blessings; name them one by one. Count your blessings; see what God has done! Count your blessings; name them one by one. Count your many blessings see what God has done!”

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This holiday season, when you sense the stress  
rising, ***TAKE TIME TO BE GRATEFUL!***

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THRIVING THROUGH THE HOLIDAY SEASON



TAKE TIME TO BE

GRATEFUL

**GRACIOUS**

GENEROUS

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**“Be patient with one another, making allowance for each other’s faults because of your love” (Ephesians 4:2), and “Be patient with everyone. See that no one pays back evil for evil, but always try to do good to each other and to everyone else” (1 Thessalonians 5:15).**


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*So this holiday season, let's choose to stop sweating the small stuff and simply enjoy one another! When tempted to lash out at others with harsh words, remember that you're speaking to God's child, not your possession!*

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This holiday season, when you sense your  
patience with others wearing thin,  
***TAKE TIME TO BE GRACIOUS!***

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TAKE TIME TO BE

GRATEFUL

GRACIOUS

**GENEROUS**

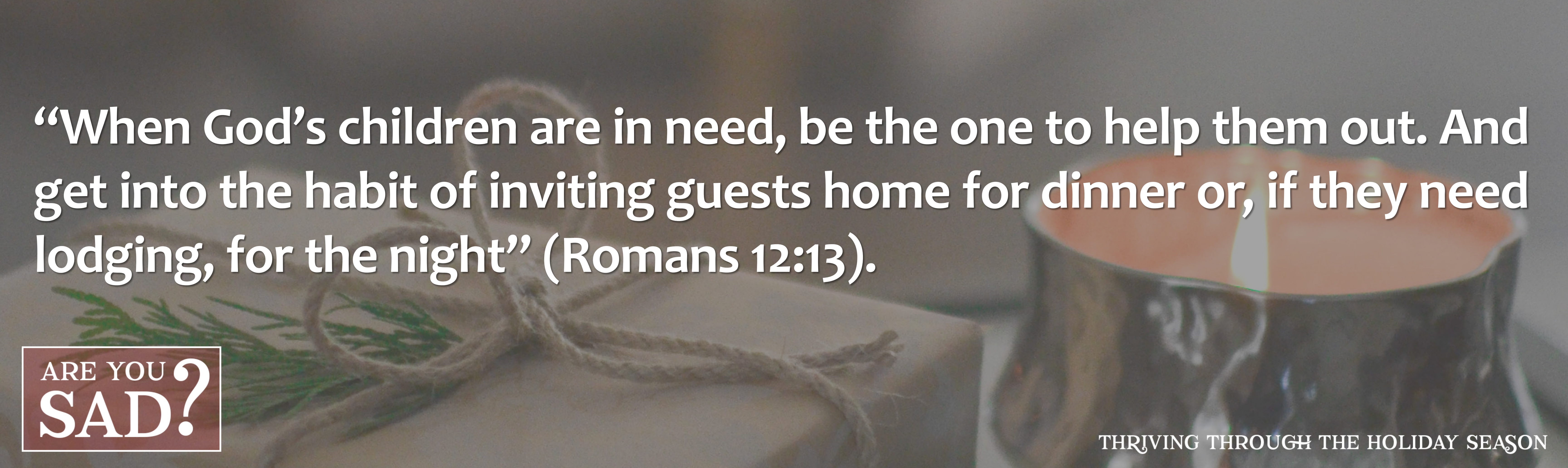
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**“Tell those who are rich in this world... to use their money to do GOOD. They should be rich in good works and should give generously to those in need, always being ready to share with others whatever God has given them” (1 Timothy 6:17-18).**

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**“When God’s children are in need, be the one to help them out. And get into the habit of inviting guests home for dinner or, if they need lodging, for the night” (Romans 12:13).**

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This holiday season, when you see the needs of those all around you, ***TAKE TIME TO BE GENEROUS!***

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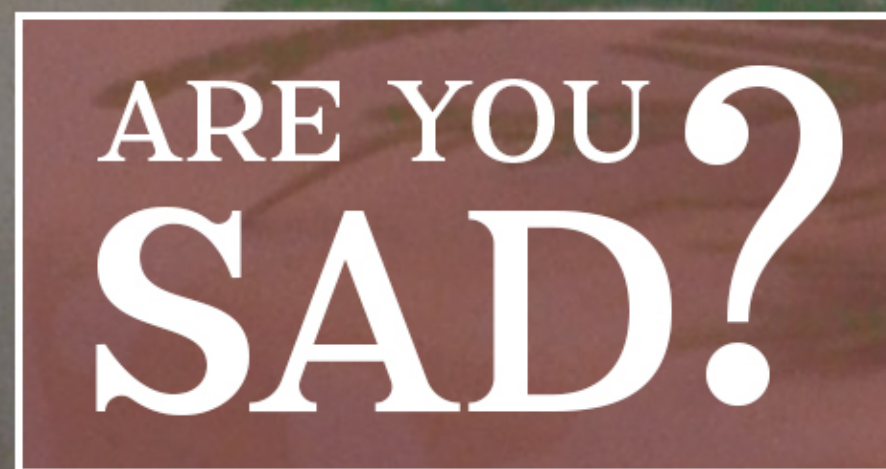
TAKE TIME TO BE

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*Most of all, take time to thank God for sending Jesus, who* “on the night he was betrayed took bread, and when he had given thanks, he broke it and said, ‘This is my body, which is for you; do this in remembrance of me.’ In the same way, after supper he took the cup, saying, ‘This cup is the new covenant in my blood; do this, whenever you drink it, in remembrance of me’” (1 Cor. 11:23-25 ).



THRIVING THROUGH THE HOLIDAY SEASON