

10 Keys to Enjoying the Holidays

"It's The Most Wonderful Time Of The Year"

It's the most wonderful time of the year

With the kids jingle belling

And everyone telling you, "Be of good cheer"

It's the most wonderful time of the year

It's the hap- happiest season of all

With those holiday greetings and gay happy meetings

When friends come to call

It's the hap- happiest season of all

This is the famous Christmas song you hear in movies, on the radio and while we are shopping. So my question is: Why do we all get grumpy, stressed out and sick?

First of all, we all have many things we juggle everyday. From jobs, spouses, kids, homes to care for, extracurricular activities, etc. So throughout the year I know we can all get worn out with everyday stuff. During the Holidays it just gets crazier! This month for me has been filled with work projects, getting home ready for Christmas, decorating the tree, kids with the flu, helping my teenager with finals, Christmas play, Christmas musical, Christmas party for my first-grader, should I go on?

So we all have a list of all that we have going on. How can this become our most wonderful time of the year? Well, I want to help us, so I came up with a list of keys to help us enjoy and survive thrive this time of the year!

1. Be thankful. Some families are having to struggle, deal with a death in the family or may be dealing with a broken home.
2. Enjoy the moments. Don't let life force you to rush through them.
3. Cherish your spouse, children and those close to you. Life passes by too quickly. Enjoy your family
4. Get your eyes on Jesus. He's your only source of strength and is the only one that can meet your needs.
5. Do what you can to prepare for Christmas, but don't stress over it. Whatever doesn't get done, it is what it is. Your children don't need you yelling at them all month!
6. Ask your spouse or a friend for prayer if you need it.
7. Play uplifting music around your house or at work
8. Listen to Joyce Meyer. Her messages will help you have a good attitude!
9. Take lots of Vitamin C.
10. Treat yourself at least once before Christmas. Sit at Starbucks with a book and drink a cup of coffee. Go to Charmin Charlies and buy yourself some earrings or a ring (don't overdo it!). Go to lunch with a friend. Go get a manicure. Cuddle up with a blanket and watch a Hallmark Christmas movie with some hot chocolate!

Always try to keep things in balance. This is the time of the year to *give*, so give to God first, help and serve others where you can, and make sure you take care of yourself so you can be a blessing to others!

I pray that you are encouraged, strengthened, that you have peace that surpasses all understanding and that Jesus is on

the throne of your heart this Christmas!

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