

When Holiday Stress Hits, Remember God Is With You

All the stress in our lives that comes during the holidays manifests the deeper issues we've been dealing with in life, says Pastor Jeremy Foster. We're running 100 mph to go to parties, decorate the house and send personal cards to everyone we know.

"It highlights the stress in our lives, stress of something that's gone on in your family, maybe stress in your marriage or maybe you just came through a divorce or maybe you're battling some legal struggles," Foster says. "I know right now we have people in our church who are battling cancer. ... Life will continue to roll over you and steamroll you until you realize, 'I have to learn how to deal with this.'"

Jesus said we would have persecution, so why are we surprised when bad things happen to us as Christians? Foster says we need to reshape our perspective and remember that even though God doesn't promise to take hardship away, He promises to give us strength and to never leave our side.

To listen to the entire sermon for encouragement during this time of year, [click here](#).