

CHAOS

calm in the

SERIES OVERVIEW

As wonderful as the holiday season can be, for many it can also be one of the most stressful, painful, and self-destructive times of the year. Every one of us faces financial stress, unrealistic cultural expectations, grief, and isolation as we go through what is meant to be a time of joy and celebration. Because of this, we want to spend November preparing our hearts and searching scripture for guidance on how to go through this holiday season not floundering but flourishing with the presence of Jesus and the hope and rest he provides.

WEEK 1 - FINANCIAL STRESS

OVERVIEW

One of the most common stressors during the holidays is money. Travel, gifts, parties, meals... it is far too easy to allow end-of-year expenses to lead us to debt and significant financial stress, which is, itself, a significant contributing factor to anxiety, depression, relational strife, and divorce. Because of this, it is so important to remember Jesus' teachings about money, about God's provision, and how we can think differently about our financial priorities to experience a freedom from the stress of this season.

*Seek the Kingdom of God above all else, and live righteously,
and he will give you everything you need.*

Matthew 6:33

DISCUSSION QUESTIONS

1. Have you experienced financial stress during the holidays? How have you handled it in the past?
2. Read [Matthew 6:24-34](#). Tim asked some great questions in this message - take time to discuss:
 - a. where do you place your trust for what you need in life?
 - b. where do you expend your energies?
 - c. what is the value of only loving and serving one master?
3. Some people have put their trust in money to give them all they need in life. What would that look like? How would you know if you are putting your trust in money?
4. What could you do to ensure that your financial priorities reflect your trust in God?
5. Tim gives three practical steps we could take to financially reset things this holiday season: create a holiday budget, talk to your family about realistic holiday expectations and how you can help others, and think about all of the ways God has been good to you. What do you think taking these steps could do for you in this season?

RESOURCES

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