



8 DAYS of CHRISTMAS SIMPLICITY

Do you find that stress tends to sneak up on you and surprise you? I do. And in that moment, we don't always choose what is best for ourselves or those around us. We need a way to quickly navigate past the negative situation and regain a healthy perspective.

With this in mind, I put together 8 printable cards that contain ideas to overcome stress in this busy season. Each card includes 1 Bible verse, 2 meditative statements, and 3 simple ideas to put into practice.

The cards can be used in any order, at any time, Print them out and keep them handy. You can even share them with a friend!

Debbie





“Simeon...was righteous and devout...
eagerly waiting for the Messiah to come...”
Luke 2:25

To wait is to stay still, to delay an action, or
to hope for what is to come.

Simeon waited a long time to see God's
promise fulfilled. In his waiting, he remained
faithful to God.

3 ideas to be still and wait today:

*set aside 15 minutes to simply be still-
no activity, no phone

*reschedule one thing on your
to-do list for another day

*sit in your favorite spot and enjoy
a cup of coffee or hot cocoa



“Anna, a widow...stayed there night and day,
worshipping God with fasting and prayer.”
Luke 2:37

Anna's prayer habit included worship
and fasting.

Daily prayer brings us closer to God and
gives us peace in His will.

3 ideas for prayer today:

Set aside 15 minutes to pray to God today
either out loud, silently, or with written words

*Use these words from Psalm 37:1-5 to guide
your prayer: Trust. Delight. Commit. Be still.

*write out a prayer to God and read it to him.

*go for a walk and talk to God along the way



“When Joseph woke up, he did as the angel
of the Lord commanded and took Mary as
his wife.” Matthew 1:24

Three times an angel tells Joseph what to do.
Each time, Joseph listens to God's
instructions, obeying immediately
and completely.

3 ideas for listening today:

Set aside 15 minutes to slow down and listen:

*Listen to your favorite music or audio book

*Listen to the sounds of children playing.

*Take a few minutes to thank God
for listening to you!



“In Bethlehem of Judea,” they said,
“for this is what the prophet wrote...”
Matthew 2:6

Because the wise men had read the
prophecies written in God's word, they
knew where Jesus would be born.

Wisdom is available for those
who take time to read the Word of God.

3 ideas for reading today:

*set aside 15 minutes to read God's word today:

*read a favorite psalm

*read one of the Scripture accounts
of the birth of Jesus:
Matthew 1:18-2:11
Luke 2:1-20

*read Isaiah 9:1-7, a prophecy
concerning the coming of Jesus



CELEBRATE

"The shepherds went back to their flocks, glorifying and praising God for all they had heard and seen." Luke 2:20

The shepherds are terrified at the sight of the night sky filled with heavenly beings.

But their fear turns to praise as they learn of the birth of Jesus, God's Son.

3 ideas for celebrating today:

Set aside 15 minutes to celebrate today:

- *celebrate a need God has met
- *celebrate a joy in your personal life
- *celebrate a family member or friend who has positively impacted you



ENCOURAGE

"Elizabeth...exclaimed to Mary...'You are blessed because you believed that the Lord would do what he said.'" Luke 1:42;45

Elizabeth's first response to Mary is to celebrate what God is doing in Mary's life.

She affirms Mary's faith and encourages her at a time when Mary could have felt alone.

3 ideas to encourage a friend today:

Set aside 15 minutes to encourage someone :

- *call a friend
- *send a note to someone who is discouraged
- *make plans to meet a friend for coffee soon



PONDER

"But Mary treasured up all these things and pondered them in her heart." Luke 2:19

To ponder means to reflect on, to consider quietly and deeply.

Mary experienced many life-altering events in a short time, but still she reflected quietly and deeply on her trust in God and His plan for her life.

3 ideas for reflection today:

Set aside 15 minutes to ponder what God has done for you :

- *write your thoughts in a journal
- *express your thoughts to God in prayer
- *share your story with someone to encourage them



CREATE

"And Mary said, 'My soul magnifies the Lord, and my spirit rejoices in God my Savior,'" Luke 1:46-47

In response to God's faithfulness, Mary writes a song expressing her confident faith and humble praise.

Her creativity is an expression of her worship of God.

3 ideas for being creative today:

Set aside 15 minutes to be creative today:

- *write a poem or prayer
- *bake something and share it with a friend or neighbor
- *make a card or simple craft and take it to an elderly person you know