

Holiday Survival Guide

Get Real (Wk.1)

LifeNotes

TALK IT OVER

Main Idea

When we get real with what is true, we can focus on what matters most.

Key Scriptures

That which was from the beginning, which we have heard, which we have seen with our eyes, which we have looked at and our hands have touched—this we proclaim concerning the Word of life. The life appeared; we have seen it and testify to it, and we proclaim to you the eternal life, which was with the Father and has appeared to us. We proclaim to you what we have seen and heard, so that you also may have fellowship with us. And our fellowship is with the Father and with his Son, Jesus Christ. We write this to make your joy complete. 1 John 1:1-4

The stress of the holidays distract us from the real simplicity of the Gospel.

The 7 Cries of the Holidays become Everyday Cries of our Hearts:

"I can't get it all done!", becomes Jesus give me peace.

"I can't afford this!", becomes Jesus give me wisdom.

"This isn't how I thought it would be!", becomes Jesus help me be content with what is.

"My family drives me crazy!", becomes Jesus thank you that you are my Father.

"I said yes to too much!", becomes Jesus help me be still and know you are God.

"I'm exhausted!", becomes Jesus give me strength to face the day.

"I haven't accomplished anything this year!", becomes Jesus thank you that you know me and love me still.

A real relationship with Jesus enables us to survive each and every day.

Start talking.

- Describe a crazy holiday memory.
- What do you love about the holidays?
- What about the holidays brings you stress?

Start thinking.

- Pastor Joel said, "Stress reveals the real condition of our beliefs." In what ways is this true?
- How does the stress of the holidays distract us from the real simplicity of the Gospel? Take a moment and describe the Gospel in as few sentences as possible.
- Read 1 John 1:1-4. Why is it important for John to begin this letter with such deep and profound theology?
- How do those core principles of Christian faith get lost during the business of everyday life?
- John makes the case that these concepts matter, so that we can have a relationship with God the Father and with Jesus the Son. Why would that idea have been revolutionary?

Start sharing.

- What about the four verses leaps out to you most?
- Why should it matter that John was an eyewitness to Jesus?
- John speaks twice about fellowship, and the power such a relationship can have with God's people and with Jesus. How have you seen that demonstrated?
- Read 1 John 1:1-3 again. In verse 4 John says he shares this that our joy may be complete. How is your joy connected to the truths found in verses 1-3?

Start doing.

- Identify the "cries of the holidays" that would distract you from the real simplicity of John's words.
- List the core truths you find in 1 John 1:1-4. How can those truths become cries of your heart?

Closing prayer.

Jesus help me see beyond the stress and anxiety of this time of year. Remind me afresh of the real simplicity of your Gospel. Help me to prioritize a daily and powerful relationship with you in the midst of the chaos of my everyday life.