

## What To Wear For The Holidays

### **Why we need to change:**

Ephesians 4:30, Matthew 5:23-24, Matthew 6:12-15

Dad cares about how His kids **get along**.

Forgiveness is a **command**, not an **option**.

### **Our motivation for the change?**

Ephesians 4:32, Romans 12:14-21, 1 Peter 3:8-12, Matthew 18:21-35

Remember how we have been **forgiven**.

Remember how we have been **accepted and loved**.

Remember who we now **represent**.

### **STEP 1: Recognize the “old me”**

Anger =

Rage =

Malice =

Slander =

Filthy language =

### **STEP 2: Put on the “new me”**

Compassion =

Kindness =

Humility =

Gentleness =

Patience =

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## Food for Thought for the week of November 18, 2018

(Questions and Scriptures for further study)

### GUIDE TO SURVIVING THE HOLIDAYS

This weekend Chris kicked off our new series "Holiday Survival Guide." Below are several practical steps you can use to help you stay healthy in the relationships you have with family (or friends) you typically see during the holidays.

Be aware of the role you typically play in your family. Our family role is the behavior(s) we often acted out during our upbringing which can automatically return when back with family. Although this could be a good thing, it can easily be negative in how it affects us and those around us. What role are you tempted to play when around your family? (eg. rescuer, enabler etc.)

Be aware of which family members or family situations test you the most. What people or situations come to mind?

Decide what healthy boundaries look like and what unhealthy boundaries look like. Are there any boundaries you need to tighten to have healthier interactions with friends or family? Are there any boundaries you need to loosen?

Remember we cannot change others, we can only change ourselves. What can you change in how you approach or respond to challenging, toxic or negative interactions with friends and family? Are there any actions or attitudes you want to start practicing now to yield a better result in those situations or relationships?

Don't ride the emotional roller coaster. When someone close to us has mood swings or gets angry, often we get to choose whether we ride the roller coaster of emotion with them or if we sit on the bench outside of the ride. How often do you get pulled into someone else's emotion? How might you best model a calm demeanor to an overly emotional person?

### TAKING IT HOME

Chris reminded us of the importance of recognizing the "old me" and putting on the "new me." While we know that none of us are finished products, there are ways we can see this play out in our walk with Jesus. As you go through Galatians 5:22-23, how might each of the fruits of the spirit look if someone were putting on the "new me" vs. the "old me"?

What advice does Romans 12:19-21 give for how we can respond to challenging people and situations in a loving way?

#### **Romans 12:19-21 New International Version (NIV)**

<sup>19</sup> Do not take revenge, my dear friends, but leave room for God's wrath, for it is written:

"It is mine to avenge; I will repay,"[a] says the Lord.

<sup>20</sup> On the contrary:

"If your enemy is hungry, feed him;  
if he is thirsty, give him something to drink.

In doing this, you will heap burning coals on his head"

<sup>21</sup> Do not be overcome by evil, but overcome evil with good.