

How to Pray-oritize Your Holidays

How exciting we get to do this! There is so much freedom we will find! Take about 20 minutes (or more if you'd like) to pray-oritize your holiday to do's.

1. Make an exhaustive list of all of the things, large and small that “make the holidays”

by your standards, traditions, others expectations and to do's you've done that are on your mind. This list probably won't even fit on the check list, so feel free to write on the back This list includes things you love, things you'd love to leave behind, and things you're not quite sure how you feel about.

2. From the “should do” list, make a substantially shorter list of things you love to do.

This isn't selfish, this is fantastic! You can include things you've never done yet, traditions you want to start or continue, things that light you up and make the holidays a bright, joy-filled experience. List them all, even if you know you can't possibly do them all.

3. After searching your mind, heart and already crowded calendar, pray though both lists.

If you are anything like us, at this point we are overwhelmed by all the possible to dos, even things on the “love to do” list. (For those of us who don't always know what to pray when we're feeling overwhelmed, here's a prayer that you can use literally or for inspiration.

Dear Jesus,

You are my first priority as we head into the holidays. You know the desires of my heart. You know I want to come closer to you and those I love during the holidays. You also know how much I can be influenced by expectations and traditions surrounding the holidays. I want to do things different this year.

Please forgive me for not pausing to do this before. I'm so grateful we are doing this now. I need your help knowing how to honor you, my finances, traditions and my physical, emotional and spiritual needs during this time of year.

You know me well. You knit me together in my mother's womb. You know how I can do the holidays with you as the focus. Please show me what I can check off my list and what goes on to my top 5 priorities list.

As we head into the holidays together, increase my grit to break the bad rules and pour out your grace as I will need it.

Amen

Now in the calm, write your top 5 priorities for the holidays and share them with a friend who can help you break the bad rules as you come across them. We are with you on this journey!

Love and blessings,

Your Grit-n-Grace Sisters



My Holiday Pray-oritizing Checklist

All of the things I think I should do:

All of the things I really love to do:

After praying my top 5 holiday priorities are:

Enjoy celebrating my savior's birthday!

