

# GRIT 'N' GRACE

*good girls breaking bad rules*



## DIGGING DEEPER

*devotional*

Episode #172

Embracing Christmas Disappointment



# Embracing Christmas Disappointment

## Devotional Verse

John 1:5

"The light shines in the darkness, and the darkness has not overcome it."

## Devotional Quote

"You can't choose joy for other people." ~Amy Carroll

## Bad Rule

Holidays get overtaken by expectations every time.

## Truth

We can let truth and light take center stage during the holidays.

## Digging Deeper

**1. What is your biggest holiday regret? How has that regret inspired change?**

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**2. What are your favorite holiday traditions? If your church or family doesn't follow that tradition, how can you work it in for yourself this year?**

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**3. How can you choose joy for yourself, even if someone else chooses to be miserable?**

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**4. Who are the happy people in your life? What have you learned from them that you can put into practice during the holidays?**

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5. What is the one thing you will do this Christmas?

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## *Holiday Sanity Saver*

Ask you family members to name their one "must have" for Christmastime.

### Devotional Prayer

Heavenly Father, I regret the many times when I let my expectation overshadow the light of Christmas. There is so much I love about this time of year. Help me capture the joy in those things, and to learn from the people who seem to enjoy the season no matter what happens or doesn't happen. Ultimately, Lord, I want to see you in a fresh way as I celebrate your birth. Thank you for shining light into the darkness.  
Amen.



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