



JESUS BRINGS COMFORT

WHEN I AM WEARY

Week 1

REFLECTION

What is causing my soul to be weary?

- Loss of a loved one?
- Strife with spouse or family?
- Tired of fighting against sin?

In what ways have I relied on my own strength?

- Have I turned to my brothers and sisters in Christ for help?
- Have I looked to God's word for strength?
- What is preventing me from doing either of these things this week?

TRUTHS TO HOLD ONTO

I am finite with limited abilities, but God is infinite in his power and love.

- We are clay jars (2 Cor. 4:7-10) that, in our weakness, display God's strength. Thank him this week for your weakness.
- When we confront our finitude we also should embrace God. He is the one who loves you and takes care of you (1 Pet. 5:6-7).

ACTIONS

How can you rest in Christ this week?

- Read passages of scripture that remind you of God's love and care for you (Heb. 4:14-5:2; Eph. 2:4-10).
- Thank Him for the Love he shows and the care he brings.
- Get together with Christian friends: Let them encourage you and share your burdens with them.

Come to me, all of you who are weary
and burdened, and I will give you rest.

Matthew 11:28 CSB

Hymn for the week:
"Jesus, Strong and Kind"



JESUS BRINGS PEACE

WHEN MY LIFE IS FULL OF CHAOS

Week 2

REFLECTION

What makes my world feel out of control?

- Am I stressed about work? Or the lack of work? Am I anxious about my family coming for Christmas? All of the plans, potential arguments, and awkward moments? All of the preparations to make my house the way they expect it to be?

What about these situations cause me to be anxious?

- Is it my desire to look like I have it all together? My love of those individuals and their opinions?
- Where do I normally take those cares? Do I take them to the Lord? Or do I try and find peace in other places? What places specifically?

TRUTHS TO HOLD ONTO

Jesus brings peace in the chaos, not necessarily deliverance from the chaos.

- There are times in our lives where we are delivered from chaos and ultimately this will be the case when Christ returns, but most of the time we need peace in the storm.

God's peace comes through dependence on God through prayer.

- Is. 26:3, "You will keep the mind that is dependent on you in perfect peace, for it is trusting in you."
- Prayer is one way we express our dependence on God (Matt. 6:9-15).

ACTIONS

When you start to feel overwhelmed this week take some time to just breathe. Connect those deep breaths in your mind to God as our creator. It is in him we have life and breath. Thank him for that.

Focus on prayer this week. Prayer is the way we can cry out to God for help. It is the equivalent of what the disciples did on the boat with Jesus in the middle of the storm. Call out to your maker and ask for help, strength, and peace.

For a child will be born for us, a son will be given to us, and the government will be on his shoulders. He will be named Wonderful Counselor, Mighty God, Eternal Father, Prince of Peace.

Isaiah 9:6 CSB

Hymn for the week:
"Abide With Me"



JESUS BRINGS HIMSELF

WHEN I FEEL LONELY

Week 3

REFLECTION

Who or what is missing from my world that makes me grieve?

- Is this a person? An ideal aspect of life (marriage, parenthood)? Or a way in which life has fallen short of my desires (jobs that don't provide enough)?
- Does Christmas remind me of painful memories of past trauma?

TRUTHS TO HOLD ONTO

Our world is fallen

- All of the grief, sorrow, and sadness we experience are part of our fallen world.

Christ didn't just come to save us, but to redeem our world as well.

- We aren't finished when we contemplate the fallenness of our world that is recognized as grief and sorrow. Instead, we must lift our eyes to the new creation to come.

ACTIONS

Write out a lament to God in your own words.

- Express the loss, what that person meant to you or why you desire that missing aspect of your life.
- Express hope in God that he will heal wounds and thankfulness that he has saved us from the sin that causes the world to be fallen.
- Express thanksgiving for the things God has given you through his son.

Christmas is coming this week. Ask for strength as you face the difficulty with hope and strength.

Don't let your heart be troubled... If I go away and prepare a place for you, I will come again and take you to myself, so that where I am you may be also.

John 14: 1, 3 CSB

Hymn for the week:
"Give me Jesus"