

# ENJOYING A STRESS-FREE HOLIDAY

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## **Isaiah 9:6-7**

<sup>6</sup>For unto us a child is born, unto us a son is given: and the government shall be upon his shoulder: and his name shall be called Wonderful, Counsellor, The mighty God, The everlasting Father, The Prince of Peace.

<sup>7</sup>Of the increase of his government and peace there shall be no end, upon the throne of David, and upon his kingdom, to order it, and to establish it with judgment and with justice from henceforth even for ever. The zeal of the LORD of hosts will perform this.

## **DEFINITION**

### **Oppression:**

Unjust or cruel exercise of authority or power; something that oppresses, especially in being an unjust or excessive exercise of power; a sense of being weighed down in body or mind: DEPRESSION

## **TRAPS TO AVOID: (SEE LAST WEEK'S LESSON)**

Incorporate the principle of "Remembrance" into the season:

### **Remember...**

1. Remember who we're celebrating and excellence of His power,
2. Remember to give thanks for His many blessings,
3. Remember to give to someone else who can not afford to give back to you,
4. Remember to rebuild relationships that need to be resurrected,
5. Remember what's important, what you can change, and how to let go of the things that you can not fix.

By incorporating these five principles into your holiday structure, you will not only have a stress-free Christmas, but also get a head start on enjoying the upcoming New Year by learning to live life instead of allowing life to live you.

## **REMEMBRANCE**

Regardless of the date that Jesus was actually born, this is a season to celebrate Jesus Christ and the miracle of His birth. Don't allow yourself to get caught up in religious arguments, but use that as a time to build a stronger relationship with the Savior. Use this as an opportunity to build the type of relationship that will remain long after the Christmas season has gone.

## **GIVING THANKS**

No matter how many challenges we may have faced throughout the year, God has blessed us to see the end of another year and given us the strength to make it through our many challenges. Give thanks to Him for the miracle of His power.

### **HELPING OTHERS**

Don't allow yourself to get so caught up in the commercialism of Christmas that you forget to be a blessing to others. If you want to bless yourself, first become a blessing to someone else. The reward of giving is the greatest gift that you can give to yourself.

### **RELATIONSHIPS**

Don't allow the holiday season to become a time when relationships are destroyed. Instead, take advantage of the giving-nature of the season and rebuild **vital** relationships that have been torn down. Learn how to forgive. Pick and choose your battles wisely...*and peace there shall be no end*. Remember that not all fights are worth winning if the expenses attached to them have a price that you weren't prepared to pay.

## Numbers 13

<sup>1</sup>And the LORD spake unto Moses, saying,

<sup>2</sup>Send thou men, that they may search the land of Canaan, which I give unto the children of Israel: of every tribe of their fathers shall ye send a man, every one a ruler among them.

<sup>3</sup>And Moses by the commandment of the LORD sent them from the wilderness of Paran: all those men were heads of the children of Israel.

<sup>4</sup>And these were their names: of the tribe of Reuben, Shammua the son of Zaccur.

<sup>5</sup>Of the tribe of Simeon, Shaphat the son of Hori.

<sup>6</sup>Of the tribe of Judah, Caleb the son of Jephunneh.

<sup>7</sup>Of the tribe of Issachar, Igal the son of Joseph.

<sup>8</sup>Of the tribe of Ephraim, Oshea the son of Nun.

<sup>9</sup>Of the tribe of Benjamin, Palti the son of Raphu.

<sup>10</sup>Of the tribe of Zebulun, Gaddiel the son of Sodi.

<sup>11</sup>Of the tribe of Joseph, namely, of the tribe of Manasseh, Gaddi the son of Susi.

<sup>12</sup>Of the tribe of Dan, Ammiel the son of Gemalli.

<sup>13</sup>Of the tribe of Asher, Sethur the son of Michael.

<sup>14</sup>Of the tribe of Naphtali, Nahbi the son of Vophsi.

<sup>15</sup>Of the tribe of Gad, Geuel the son of Machi.

<sup>16</sup>These are the names of the men which Moses sent to spy out the land. And Moses called Oshea the son of Nun Jehoshua.

<sup>17</sup>And Moses sent them to spy out the land of Canaan, and said unto them, Get you up this way southward, and go up into the mountain:

<sup>18</sup>And see the land, what it is, and the people that dwelleth therein, whether they be strong or weak, few or many;

<sup>19</sup>And what the land is that they dwell in, whether it be good or bad; and what cities they be that they dwell in, whether in tents, or in strong holds;

<sup>20</sup>And what the land is, whether it be fat or lean, whether there be wood therein, or not. And be ye of good courage, and bring of the fruit of the land. Now the time was the time of the firstripe grapes.

<sup>21</sup>So they went up, and searched the land from the wilderness of Zin unto Rehob, as men come to Hamath.

<sup>22</sup>And they ascended by the south, and came unto Hebron; where Ahiman, Sheshai, and Talmai, the children of Anak, were. (Now Hebron was built seven years before Zoan in Egypt.)

<sup>23</sup>And they came unto the brook of Eshcol, and cut down from thence a branch with one cluster of grapes, and they bare it between two upon a staff; and they brought of the pomegranates, and of the figs.

<sup>24</sup>The place was called the brook Eshcol, because of the cluster of grapes which the children of Israel cut down from thence.

<sup>25</sup>And they returned from searching of the land after forty days.

<sup>26</sup>And they went and came to Moses, and to Aaron, and to all the congregation of the children of Israel, unto the wilderness of Paran, to Kadesh; and brought back word unto them, and unto all the congregation, and shewed them the fruit of the land.

<sup>27</sup>And they told him, and said, We came unto the land whither thou sentest us, and surely it floweth with milk and honey; and this is the fruit of it.

<sup>28</sup>Nevertheless the people be strong that dwell in the land, and the cities are walled, and very great: and moreover we saw the children of Anak there.

<sup>29</sup>The Amalekites dwell in the land of the south: and the Hittites, and the Jebusites, and the Amorites, dwell in the mountains: and the Canaanites dwell by the sea, and by the coast of Jordan.

<sup>30</sup>And Caleb stilled the people before Moses, and said, Let us go up at once, and possess it; for we are well able to overcome it.

<sup>31</sup>But the men that went up with him said, We be not able to go up against the people; for they are stronger than we.

<sup>32</sup>And they brought up an evil report of the land which they had searched unto the children of Israel, saying, The land, through which we have gone to search it, is a land that eateth up the inhabitants thereof; and all the people that we saw in it are men of a great stature.

<sup>33</sup>And there we saw the giants, the sons of Anak, which come of the giants: and we were in our own sight as grasshoppers, and so we were in their sight.

## Exodus 10

<sup>1</sup>And the LORD said unto Moses, Go in unto Pharaoh: for I have hardened his heart, and the heart of his servants, that I might shew these my signs before him:

<sup>2</sup>And that thou mayest tell in the ears of thy son, and of thy son's son, what things I have wrought in Egypt, and my signs which I have done among them; that ye may know how that I am the LORD.

<sup>3</sup>And Moses and Aaron came in unto Pharaoh, and said unto him, Thus saith the LORD God of the Hebrews, How long wilt thou refuse to humble thyself before me? let my people go, that they may serve me.

<sup>4</sup>Else, if thou refuse to let my people go, behold, to morrow will I bring the locusts into thy coast:

<sup>5</sup>And they shall cover the face of the earth, that one cannot be able to see the earth: and they shall eat the residue of that which is escaped, which remaineth unto you from the hail, and shall eat every tree which groweth for you out of the field:

<sup>6</sup>And they shall fill thy houses, and the houses of all thy servants, and the houses of all the Egyptians; which neither thy fathers, nor thy fathers' fathers have seen, since the day that they were upon the earth unto this day. And he turned himself, and went out from Pharaoh.

<sup>7</sup>And Pharaoh's servants said unto him, How long shall this man be a snare unto us? let the men go, that they may serve the LORD their God: knowest thou not yet that Egypt is destroyed?

<sup>8</sup>And Moses and Aaron were brought again unto Pharaoh: and he said unto them, Go, serve the LORD your God: but who are they that shall go?

<sup>9</sup>And Moses said, We will go with our young and with our old, with our sons and with our daughters, with our flocks and with our herds will we go; for we must hold a feast unto the LORD.

<sup>10</sup>And he said unto them, Let the LORD be so with you, as I will let you go, and your little ones: look to it; for evil is before you.

<sup>11</sup>Not so: go now ye that are men, and serve the LORD; for that ye did desire. And they were driven out from Pharaoh's presence.

<sup>12</sup>And the LORD said unto Moses, Stretch out thine hand over the land of Egypt for the locusts, that they may come up upon the land of Egypt, and eat every herb of the land, even all that the hail hath left.

<sup>13</sup>And Moses stretched forth his rod over the land of Egypt, and the LORD brought an east wind upon the land all that day, and all that night; and when it was morning, the east wind brought the locusts.

<sup>14</sup>And the locust went up over all the land of Egypt, and rested in all the coasts of Egypt: very grievous were they; before them there were no such locusts as they, neither after them shall be such.

<sup>15</sup>For they covered the face of the whole earth, so that the land was darkened; and they did eat every herb of the land, and all the fruit of the trees which the hail had left: and there remained not any green thing in the trees, or in the herbs of the field, through all the land of Egypt.

<sup>16</sup>Then Pharaoh called for Moses and Aaron in haste; and he said, I have sinned against the LORD your God, and against you.

<sup>17</sup>Now therefore forgive, I pray thee, my sin only this once, and intreat the LORD your God, that he may take away from me this death only.

<sup>18</sup>And he went out from Pharaoh, and intreated the LORD.

<sup>19</sup>And the LORD turned a mighty strong west wind, which took away the locusts, and cast them into the Red sea; there remained not one locust in all the coasts of Egypt.

<sup>20</sup>But the LORD hardened Pharaoh's heart, so that he would not let the children of Israel go.

<sup>21</sup>And the LORD said unto Moses, Stretch out thine hand toward heaven, that there may be darkness over the land of Egypt, even darkness which may be felt.

<sup>22</sup>And Moses stretched forth his hand toward heaven; and there was a thick darkness in all the land of Egypt three days:

<sup>23</sup>They saw not one another, neither rose any from his place for three days: but all the children of Israel had light in their dwellings.

<sup>24</sup>And Pharaoh called unto Moses, and said, Go ye, serve the LORD; only let your flocks and your herds be stayed: let your little ones also go with you.

<sup>25</sup>And Moses said, Thou must give us also sacrifices and burnt offerings, that we may sacrifice unto the LORD our God.

<sup>26</sup>Our cattle also shall go with us; there shall not an hoof be left behind; for thereof must we take to serve the LORD our God; and we know not with what we must serve the LORD, until we come thither.

<sup>27</sup>But the LORD hardened Pharaoh's heart, and he would not let them go.

<sup>28</sup>And Pharaoh said unto him, Get thee from me, take heed to thyself, see my face no more; for in that day thou seest my face thou shalt die.

<sup>29</sup>And Moses said, Thou hast spoken well, I will see thy face again no more.