

Finding Serenity in a Black Friday World

Luke 2:1-7

December 6, 2015

Introduction

Recapturing Serenity at Christmas

Embrace a slower pace. Luke 2:4

Embrace quieter moments. Luke 2:5

Embrace some solitude. Luke 2:6-7

Jesus came to give our souls rest. Matthew 11:28-30

Honor Christ by recapturing serenity at Christmas:

1. Say no to something or everything.
2. Carve out some time to reflect and prayer.
3. Spend an evening listening to music.
4. Go on some hikes.
6. Turn off your phone.
7. Spend a quiet morning with a cup of coffee.
8. Breathe.