

Hello, this is Michael De Rosa, and today with the Christmas Season upon us, I want to talk about STRESS. No matter how many of these seasons have gone by us, we have the tendency to give more to our loved ones than we really can afford.

But, as Christians we *know* that gifts are not the proof of love, but the expression of love.

So, please listen to this gentle reminder for all of us.

From Scripture, we know that God expressed His love towards us by becoming Emmanuel, or God with us, that is Jesus!

NOW, let's listen to what Jesus is telling us in Matthew chapter 11:28-29

28 "Come to Me,
all who are weary and heavy-laden, and I will give
you rest.

29 Take My yoke upon you
and learn from Me,
for I am gentle and humble in heart,
and you will find rest for your souls.

Christ bids us to come in order to receive from Him truly the best Christmas present ever. His rest.

What more could we ask for ourselves or give to others, especially at this time of year?