



Hello good morning this is Michael DeRosa from the mountain side community church and today, I need to talk to you about stress.

it is hard to be unaffected by the materialism of the shopping season which drains from us the true meaning of Christmas

Yet, there is a remedy!

Let's look at Matthew chapter 6 And in verse 33:

"but seek first his kingdom and his righteousness,
and all these things will be added to you."

Seeking him first will divert your attention from those things that stress you to understand his love for you and the peace that He will give you through his Son Jesus Christ.

The trap, though, that we fall into is thinking that we can do that later... After the Sales and the shopping are done... After the credit is paid off... After the tree is taken down... When the New Year's resolutions began.

But, unless you do it now, RIGHT now. It will never happen.

So in closing I encourage you to say a simple prayer.

*Lord God show me yourself
during this holiday
in order to help me follow you.*