



Welcome to  
*heart-to-heart*

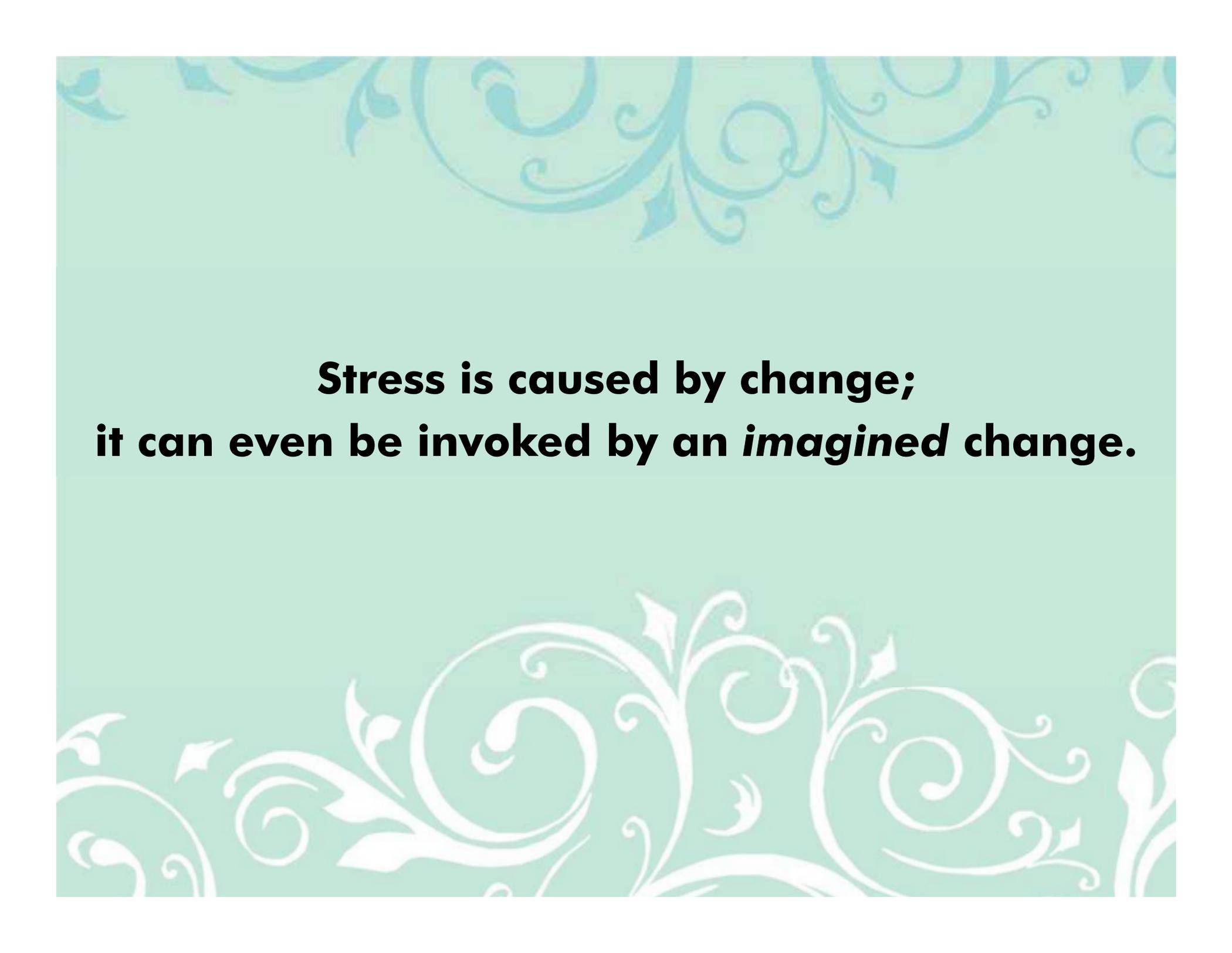


Overcoming in Weariness  
During the Holidays and Beyond

Week 7 | 12.15.10

“The Holidays, generally defined as the period from Thanksgiving through New Years, can be an emotional roller coaster. We’re expected to be (and would like to be) filled with joy, cheer and love for all living beings 24 hours a day. I’m sorry to say, it’s just not possible. In reality, the holidays can be, and frequently are, a difficult time. Expectations are often not met, loneliness is intensified in the absence of family and friends, stepfamilies must cook up complicated schedules, and relaxation is out of the question.”

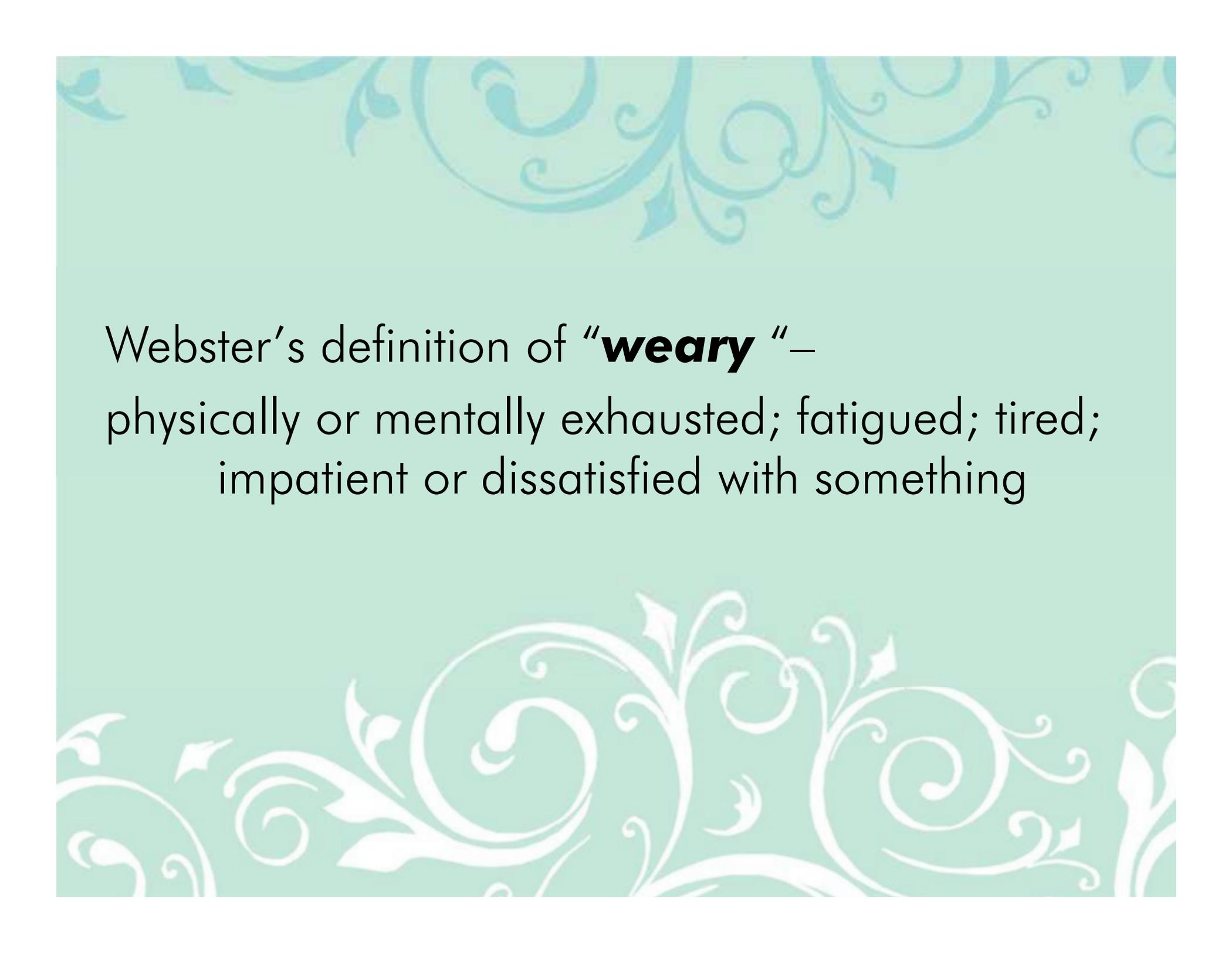
– Beth Greenberg, Associate Director of the Education Initiative  
at Boston's Mind/Body Medical Institute



**Stress is caused by change;  
it can even be invoked by an *imagined* change.**

“Stress is a non-specific response of the body to a demand.” -Dr. Hans Selye, Stress Management Expert

- Demands of Others
- Demands of Unrealistic Expectations
- Financial Demands
- Physical Demands



Webster's definition of "**weary**" –  
physically or mentally exhausted; fatigued; tired;  
impatient or dissatisfied with something

## Ten Practical Ideas for Holiday to Lessen Weariness

- 1) Get extra sleep and extra vitamin B but limit sugar intake.
- 2) Embrace the holiday season with honesty.
- 3) Read one Psalm before bed and/or first thing each morning.
- 4) Say thank you to God and to others.
- 5) Pace yourself, organize your time and leave some margin in your schedule.
- 6) Be realistic and lower your expectations
- 7) Let go – of control, disappointment, grudges, expectations, etc.
- 8) Do something for someone else.
- 9) Spend less money.
- 10) Change the image.



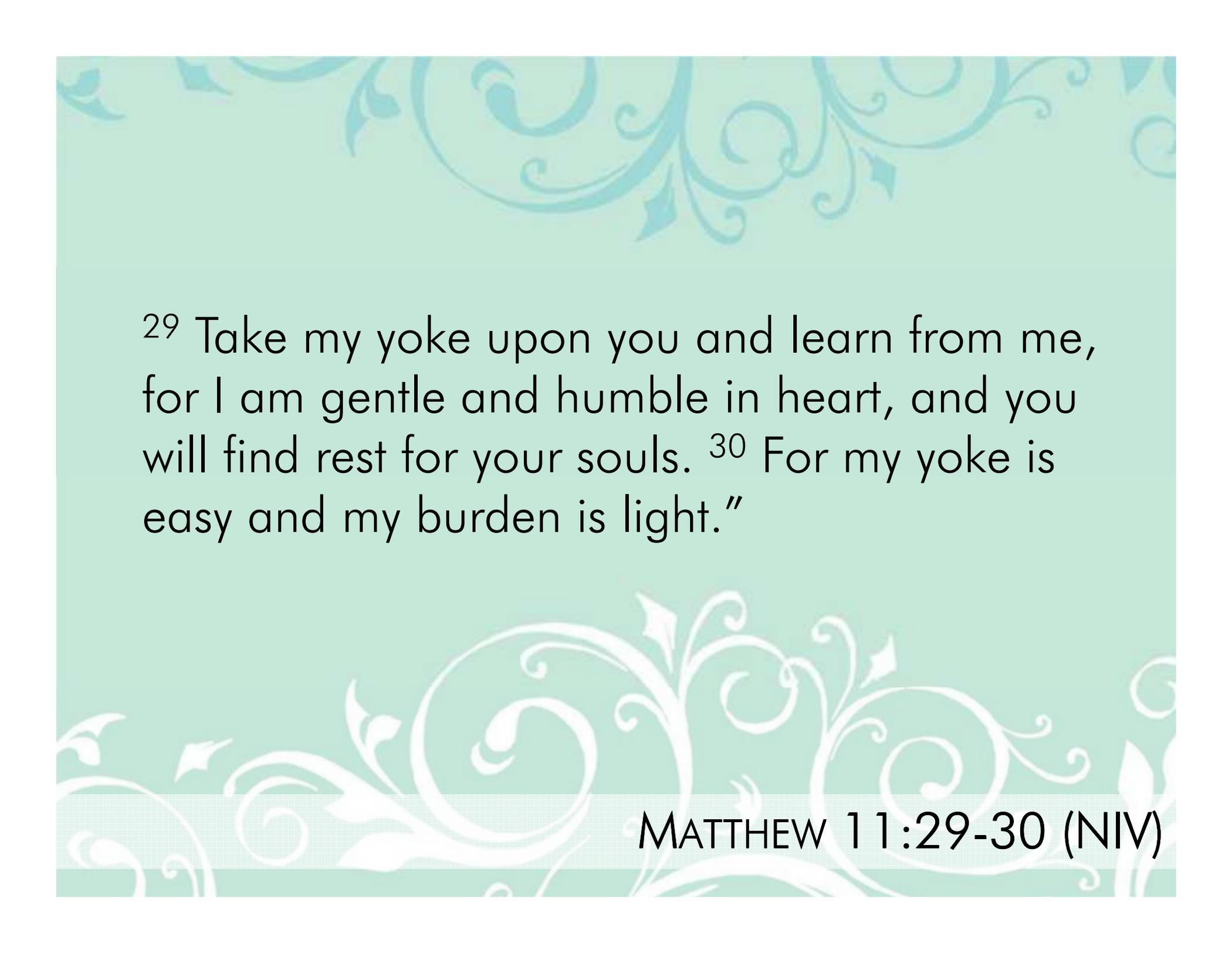
<sup>32</sup> Remember those earlier days after you had received the light, when you endured in a great conflict full of suffering. <sup>33</sup> Sometimes you were publicly exposed to insult and persecution; at other times you stood side by side with those who were so treated. <sup>34</sup> You suffered along with those in prison and joyfully accepted the confiscation of your property, because you knew that you yourselves had better and lasting possessions. <sup>35</sup> So do not throw away your confidence; it will be richly rewarded.

<sup>36</sup> You need to persevere so that when you have done the will of God, you will receive what he has promised.

HEBREWS 10:32-36 (NIV)

## Three ways to encourage your own heart:

- 1) Change the thoughts and/or self talk of your heart.
- 2) Admit the truth within your heart.  
*“We can’t conquer what we don’t confront and we can’t confront what we don’t admit!”*
- 3) Remind yourself of the truth about God’s heart.
  - Meditate on truth of God’s character
  - Personalize the truth of God’s Word



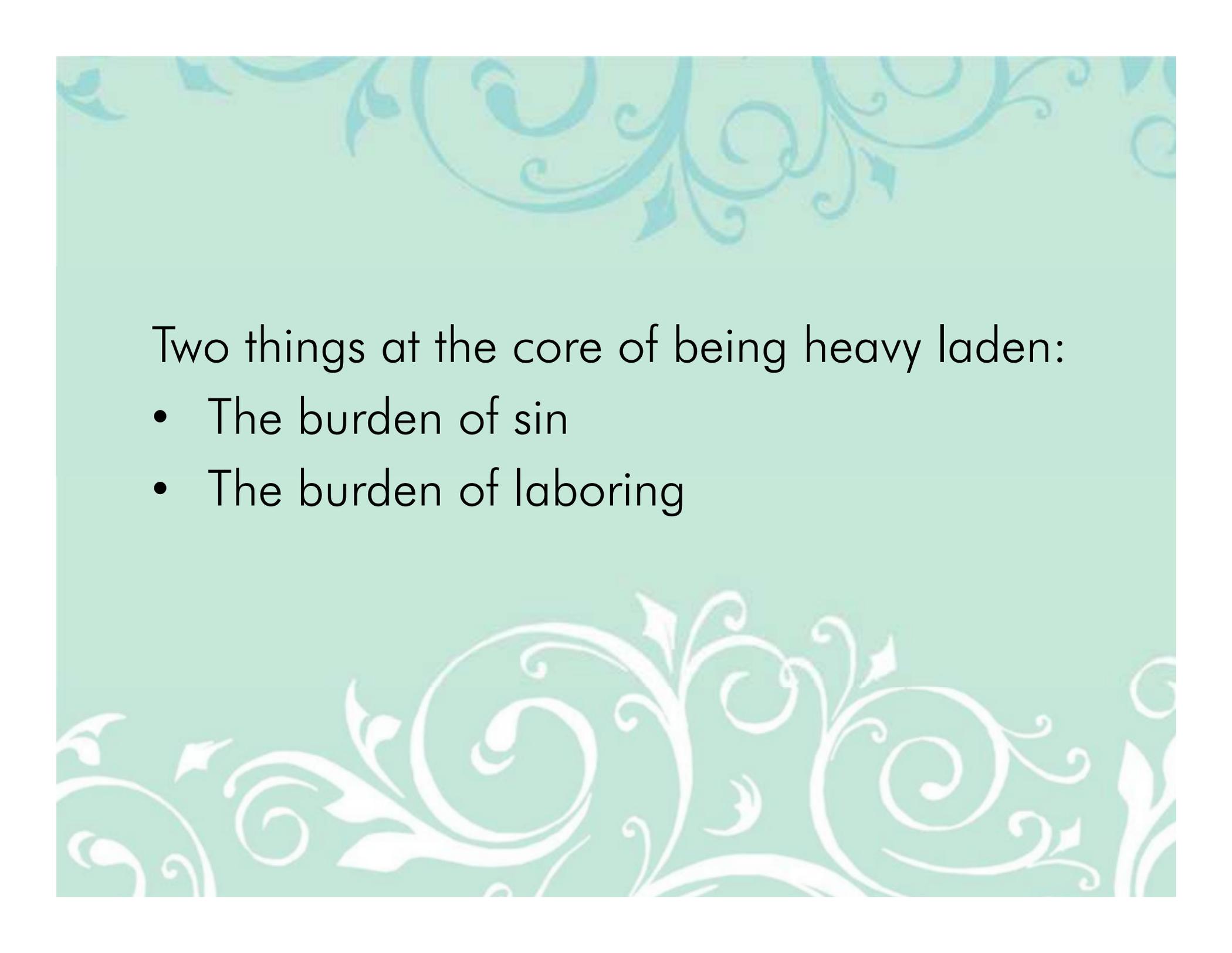
29 Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. 30 For my yoke is easy and my burden is light."

MATTHEW 11:29-30 (NIV)



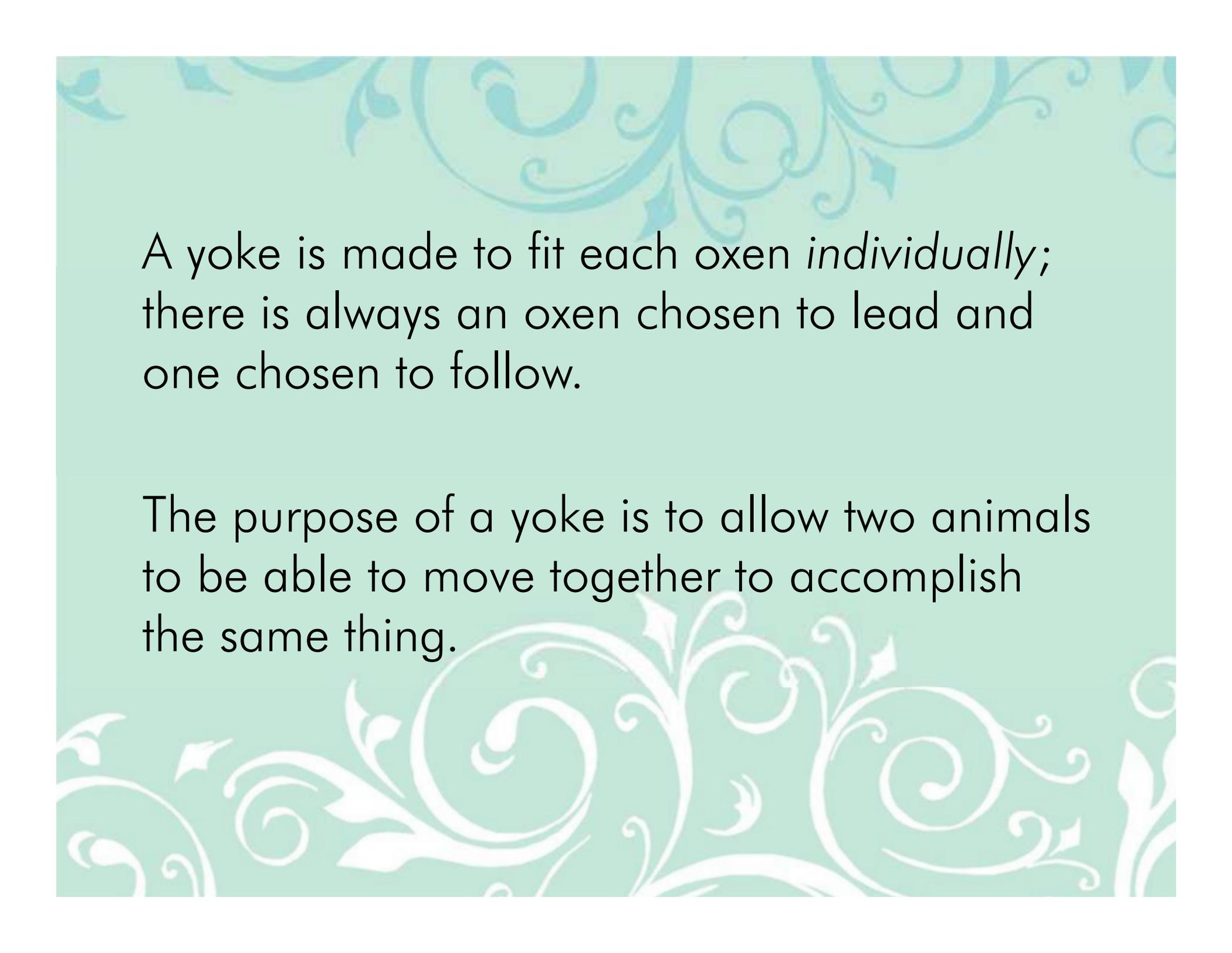
**labor** = grow weary of toiling

**laden** = loaded down with a burden



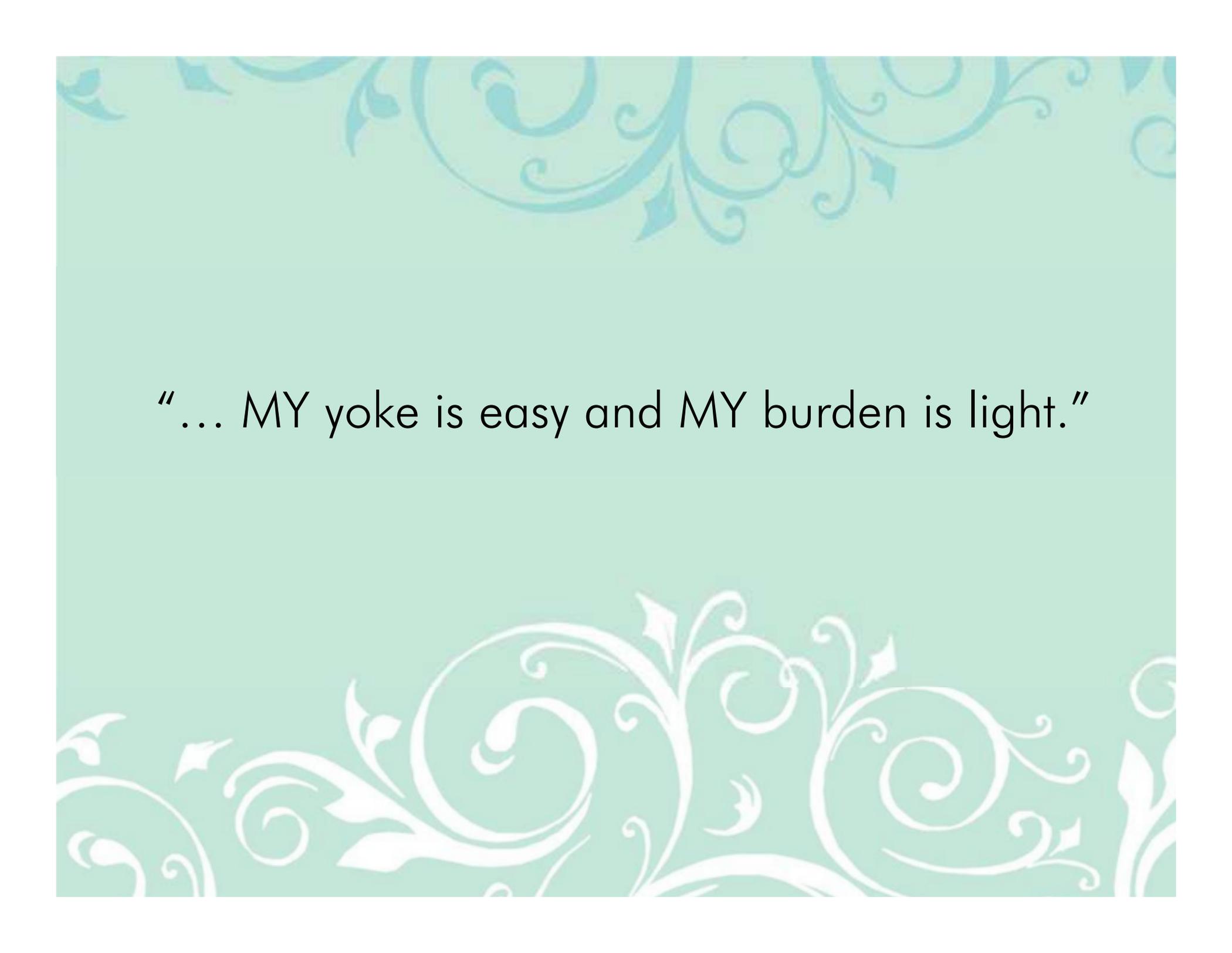
Two things at the core of being heavy laden:

- The burden of sin
- The burden of laboring



A yoke is made to fit each oxen *individually*;  
there is always an oxen chosen to lead and  
one chosen to follow.

The purpose of a yoke is to allow two animals  
to be able to move together to accomplish  
the same thing.



“... MY yoke is easy and MY burden is light.”

