



## INTRODUCTION

In week three of our *Have Yourself a Merry Little Christmas* Advent series, Pastor John teaches how to receive God's non-anxious presence and love so we can give the gift of a non-anxious presence to others this Christmas. Let's jump to the book of Luke as we examine some examples of how to seek and find that presence with God.

## DISCUSSION

1. Consider your job, family dynamics, and upcoming plans for the Christmas holiday. Can you identify your emotions? Do any make you particularly anxious? Share what situations may be most difficult to navigate and why.
2. Pastor John reminded us we can't bring what we don't have, that life with God is a combination of both "going and doing" and "sitting and listening." Which is more natural to you? Why?
3. **Revisit the story of Martha and Mary in Luke 10:38-42.** Specifically during the holidays, do you identify more with Mary (sitting and listening) or Martha (distracted and worrying)? What practical steps might help you live in "Mary mode" to build a non-anxious presence?

## TAKE ACTION

Keep observing how you navigate the next two weeks. Are you trusting God to carry the story and be the Savior? Or are you trying to fill the gaps and rescue each situation yourself? Pray for God to reveal your limits and help you keep placing your trust in Him.

Make time to be alone and undistracted this week. Get comfortable, breathe, invite God, be present, and receive. Don't be surprised if it takes some practice or feels uncomfortable at first – keep at it!

As you experience both intentionally quiet and "loud" situations, take time to journal what may be getting in the way of you receiving peace and a non-anxious presence. List specific ways you can counter your defaults and tendencies.

## RESOURCES

[Good News of Great Joy](#) Advent devotional by John Piper, available on Amazon

[The Hurried Family](#) video study by Tim Kimmel on [RightNow Media](#)

[Be Still](#) by Brian Heasley on [RightNow Media](#)