

**Happy Holidays**  
**Part II**  
by  
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“Happy Holidays” is frequently heard this time of year. Part I dealt with the physical helps for the holidays. Part II deals with the emotional and spiritual.

Deal with the Emotional

1. Overcome loneliness  
Many people experience lonely feelings during the holidays; therefore, seek supportive groups in your local church such as Celebrate Recovery. Seek to help others when you feel lonely around the holidays. Seek Christ – He would love to spend more time with you on His birthday.
2. Deal with past holiday memories  
You may have over idealized the past. Memories are sometimes a composite of reality and wishes. In any event, Christ wants you to enjoy now. Talking with a friend or counselor might help if you are bothered by past memories.
3. Deal with “if only” thoughts  
Reflect on Romans 8:28  
Review Psalms 103:2  
Work on letting go of unfulfilled expectations to God. Talk to God about your unfulfilled expectations.
4. Resolve relationship conflicts  
Make peace. Consider making a friendly call this holiday to a family member that is no longer so friendly. Do not go into details; be Christ-like and just wish them a merry Christmas.
5. Forgive yourself for past wrongs and mistakes. First John 1:9 is still in the Bible – “If we confess our sins, he is faithful and just to forgive us our sins, and to cleans us from all unrighteousness.”

Deal with the Spiritual

1. Focus on Christ in the holidays. After all, the spiritual significance of the holidays is Christ. I really enjoy reminding myself of this basic principal.
2. Grow in Christ. Take walks with Christ. Talk with Christ. Memorize short Bible verses that move you close to Christ.
3. Avoid sin. You might enjoy memorizing I Corinthians 10:13.

4. Trust Christ as your personal savior. Perhaps you never accepted personally that Christ died on the cross in payment for your sin? If you have not, don't worry; just do it now with these simple words: "Father, I know I am a sinner. I believe Christ, your son, died on the cross in payment for my sins. I am accepting Christ now as my personal savior." For more information read Romans 3:23, Romans 6:23, and John 1:12.  
Now if you just trusted Christ, be assured of heaven in the future (I Peter 1:3-5), forgiveness now when you fail (I John 1:9), answered prayer (John 16:24), victory over temptation (I Corinthians 10:13), and comfort in trials (II Corinthians 1:3-4).

Happy Holidays

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