

Happy Holidays

by

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- Introduction
- Give and receive encouragement
- Galatians 6:2 – Bear one another's burdens, and so fulfill the law of Christ.
- II Corinthians 1:3-5 – Comfort
- Be a comfort and an encouragement to those that are hurting.
- If you are hurting, receive comfort from others
- Count your blessings
- Express gratitude
- Make a list individually or as a family of all the things you have to be thankful for
- Be kind. Kindness is contagious
- Ephesians 4:32 – Be kind to one another, tenderhearted, forgiving one another, just as God in Christ also forgave you.
- Forgive each other
- Listen to one another
- Take someone out for coffee and encourage them
- Ask for a shoulder to cry on
- If you need help, seek help
- Conclusion

This Christmas season reach out to someone hurting and if you are hurting, receive from others. Psalm 46:10 – Be still and know that I am God

Resources

- Hope Line – for inpatient and partial hospitalization care in Denton and El Paso, Texas
1-888-789-HOPE (4673)
- For all radio program outlines go to:
www.mcphope.com
- Minirth Clinic – for outpatient care and retreats
www.minirthclinic.com
972-669-1733 or 1-888-MINIRTH (646-4784)
- Celebrate Recovery – local Churches
www.celebraterecovery.com
- AACC – American Association of Christian Counselors
www.aacc.net
- www.2ndfiddleentertainment.com/maggiespassage
- Hearts of Love International Ministry (for pastors)
www.holinternational.org
- To obtain books written by Frank Minirth:
 - Books available only through the Minirth Clinic:
 - Psychopharmacology 2010, 600 pages
 - The Reflective Genius (obsessive compulsive disorder) 225 pages
 - Grace In Salvation (difficult to understand Bible passages on salvation) 250 pages
 - Other Minirth books available through
www.amazon.com