

# Life Lessons

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## Simplify Your Christmas

**1. Put CHRIST in front of Christ-mas.** He wants your life not your stuff. Sing and play worship music. Read the Christmas story from the Bible. Brag on God's goodness. Spend some time alone and thank Him for his unspeakable gift – Jesus!

**2. Guard against offenses.** Christmas has become one of the most stressful times of the year. The word "offense" comes from a Greek word meaning bait. Don't bite the devil's bait. Don't wear your feelings on your shoulders. Give people the benefit of the doubt and be quick to forgive specially those you love.

**3. Have a relaxed, easy going attitude.** Be more agreeable. Nothing is worse than living in a house full of strife, getting all stressed out, snapping at each other. Offenses will come but make up your mind not to get upset. Go out of your way to let love and peace rule!

**4. Beware of the sale and catalogue trap.** Many retailers mark up their prices up to 300% profit before they offer you the "80% off" price. If it is not on your list, don't buy. Don't spend what you don't have. Before you spend, consider the bills that will come due in January! Most of us don't need a miracle but a little bit of self-control. Focus on home made stuff! Love is not expressed in the price tag.

**5. Spend time not money.** Kids will forget the memory of the latest gadget but the time spent on playing with them, setting up a Christmas tree together, drinking hot chocolate by the fire, read-

ing a Christmas story will create a life-long memory. Let the kids open some of their gifts early. Call or visit the elderly.

**6. Make a list of jobs to do and check them done.** Set deadlines giving each job adequate time to finish. Delegate some of the tasks and accept the results. Don't stress out if it is not done exactly the way you want but put on a smile and say "well done."

**7. Learn to say no.** You don't have to do it all. Pick a few things and do it well. Choose what you want to do and who you want to be with. You can't please everyone's expectation.

**8. Do not keep up with the Joneses.** The Bible teaches us not to compare ourselves with others. Don't get caught up in what others are buying or doing. Be content with yours.

**9. Take time for yourself.** Take time out to enjoy the season. Pay attention to what you eat and drink. Your mood will greatly depend on this. Enjoy the food in a way that will not disappoint you getting on the scale on January 2nd. Remember, you are responsible for your own happiness!

**10. Spread the JOY of Christmas.** When something wonderful happens we should tell others about it. Millions in Asia have never heard about the first Christmas. You can bring the Gospel to someone for the first time. No greater gift can you give to Christ than to cause someone to hear the Gospel.