



www.mymusings-becky.blogspot.com — Read “Weariness” post (12/6/10) by Becky Eveleth

“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.

HEBREWS 10:32 – 36: "... do not throw away your confidence ; it will be richly rewarded."

Three ways to encourage your own heart:

- 1) **CHANGE THE THOUGHTS AND/OR SELF TALK OF YOUR HEART.**

[Psalm 42:5]

- 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!"

[Psalm 51:6]

- 3) **REMINDE YOURSELF OF THE TRUTH ABOUT GOD'S HEART.**

- Meditate on truth of God's character
- Personalize the truth of God's Word

[Isaiah 40:27-29, 31]

MATTHEW 11:29 – 30

“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.”

My daughter,

When you find yourself weary during this holiday season, come to Me. Don't keep trying to live under the burden of sin that exalts itself during the Christmas holidays. Don't keep trying to press on under the burden of doing the holidays a certain way or keeping up with the holiday demands on your own, trying to be the perfect mom, wife, party hostess, gift buyer, peacemaker, etc. That pace and those expectations will wear you out, they will deposit weariness into your soul. And if you stay weary, you'll become utterly discouraged. Discouragement will make you want to give up on Christmas or at least grow to disdain and dread this amazingly wonderful time of year.

Efforts in your own strength, according to your own understanding will zap you of your physical, emotional AND spiritual energy. Don't let the holiday traditions of others become your obligation as you celebrate this season. Those traditions might work for others but they will weigh you down, the demands are heavy. Instead come to Me, precious one. Enjoy relationship with me instead of trying to be perfect, or religious. Come to Me. Learn of Me. Love like I love and obey Me with simple abandon instead of trying to follow all the demands and obligations of the season.

Listen for My voice. I will speak a word to your heart and it will not be burdensome. When you come to Me your weariness will be overcome by My steadfast love and your discouragement will melt into My way of rest; a rest for your mind, your will and emotions. When you come to Me, I will refresh your soul and set you free to worship and celebrate during this season set aside to call you to a new place of wonder and awe. Wonder and awe of ME, not of your beautiful home nor even your precious children but of Me. Choose to fix your heart on the wonder and awe of your eternal home and of the most amazing story of all time, that I came into your world as a dear little baby so that you, and those you love, might have life abundant and eternal. Come to me when you are feeling weary and overburdened and I will give you rest.