

**HOLD FAST...  
He Is With Us**

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**WCW HOLIDAY EVENT**

Practical Tips to Keep our Holidays  
**SIMPLE                      STRESS-FREE**  
**FULL OF CHRIST**

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**SIMPLE = PLANNING**

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**Successful time  
management is key to  
celebrating a simpler  
season**

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**SIMPLE = PLANNING**

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**What is most important to me  
this holiday season?**  
(God, budget, convenience, experiences,  
slowing down, etc)

**1. Determine Your Priorities.**  
Create a master to do list with all your plans  
and goals in one place.

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# SIMPLE = PLANNING

## PRIORITIES (cont)

- **CALENDAR:** Bird's eye view of events so you can see where you need to SAY NO and where you can have BREATHING ROOM
- Build a time budget that's specific for the holiday season so that you're not attempting more than humanly possible. Know your limits and don't go past them. There are only 24 hours in a day. Really.

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# SIMPLE = PLANNING

## PRIORITIES (cont)

- Determine how long a project/dinner party/event will take to prepare for and then walk backward on the calendar, making sure you start with plenty of time in advance. There are few things that you can really start too early, so don't procrastinate.

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# SIMPLE = PLANNING

## 2. Find shortcuts.

- have a meal plan
- cook ahead; buy some convenience foods
- plans for simpler meals like soup and bread
- delegate wherever possible—involve the family

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# SIMPLE = PLANNING

## 3. Choose wisely.

Even though you know your priorities, you may still find yourself with a longer “to do” list than you can reasonably pull off. **Don't be afraid to say no** or to cross some things off your list. Choose only those things that jive with your family's priorities.

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# STRESS-FREE

## HOME ROUTINES

Review DAILY Tasks

### ■ CLEAN ONE ZONE PER DAY

(ZONES: Entry, Kitchen, Living, Dining, Bathroom(s), Bedrooms, Laundry)

### ■ ONE LOAD OF LAUNDRY PER DAY

## HOLIDAY PROJECTS

### ASSIGN DAYS ON CALENDAR

### ■ CARDS: 10 per day

### ■ CRAFTS: 1 per wk

### ■ BAKING: no more than 2 recipes/day

### ■ DECORATING: 1-2 zones/day

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# STRESS-FREE

### ■ ENJOY THANKSGIVING—give room to grow GRATITUDE before moving onto Christmas “greed”

### ■ Focus on RELATIONSHIPS—“WHAT IS THE WISE CHOICE?”

### **Ephesians 4:29**

Do not let any unwholesome talk come out of your mouths, but only what is helpful for **building** others up according to their needs, that it may benefit those who listen.

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## STRESS-FREE

Consider 3 GIFTS FOR CHRISTMAS

- *Every Christmas our five children receive three gifts: one "gold" gift, the big item they are longing for; one "myrrh" gift, which is for their body, such as clothing; and one "frankincense" gift, for their spiritual growth.*
- *We do a few gifts: something you want, something you need, something to wear, something to read."*

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## FULL OF CHRIST

1. Give God one very special gift just from you to him:

- Perhaps your gift will be to commit to **spending time with God** daily. Or maybe there is something God has asked you to give up. Make this your most important gift of the season.

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## FULL OF CHRIST

- Maybe your gift to God will be to **forgive someone** you've needed to forgive for a long time. You may discover that you've given a gift back to yourself.

**"Forgiveness is to set a prisoner free, and to realize the prisoner was you."** Corrie Ten Boom

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## FULL OF CHRIST

2. Give a surprise gift of service to each member of your family
3. Write a Christmas letter to a missionary
4. Plan a project of good will this Christmas:  
Find someone with a genuine need, involve your whole family and see how happy you can make someone this Christmas.
  - "adopt" a single mom, an elderly neighbor, etc.

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## REFERENCES

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Fitting Festivities into the Every day

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A Simpler Season**  
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© Jessica Fisher - On the Road to Joyful  
Motherhood at LifeasMOM.com

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