

8 WAYS

TO KEEP YOUR EXPECTATIONS

HEALTHY THIS CHRISTMAS

Let this season be guided by *grace*, not pressure. This printable is designed to help you set down unrealistic expectations and pick up what matters most: peace, presence, and the promise of Jesus.

1

Start the Season with Prayerful Surrender

Invite God to shape your heart and guide your plans.

Psalms 37:5

Commit your way to the Lord.

Key:

Let go of control and align your heart with His.

2

Let Go of Perfectionism

Christmas doesn't need to be flawless to be holy.

2 Corinthians 12:9

His power is made perfect in weakness.

Key:

God values your heart, not your performance.

3

Focus on Presence, Not Pressure

Choose connection over production.

Psalms 118:24

Rejoice in today.

Key:

Be present where your feet are; be in the moment.

4

Make Room for Both Joy and Grief

Christmas can hold both sorrow and celebration.

Psalms 34:18

The Lord is near to the brokenhearted.

Key:

Jesus meets you in every emotion.

My soul, wait silently

for my expectation is from Him.

Psalms 62:5

**Define "Enough"
Ahead of Time**

Set boundaries with time, spending,
and energy.

Ecclesiastes 4:6

Better one handful with peace.

Key:

Contentment creates space for rest
and joy.

**Remember What
You're Celebrating**

Keep your focus on Jesus, not
the chaos.

Isaiah 9:6

For to us a child is born.

Key:

Let worship, not worry, set the
tone for peace with everyone.

**Communicate
Clearly with
Loved Ones**

Clear conversations prevent
unmet expectations.

Romans 12:18

Live at peace with everyone.

Key:

Honest talk builds peace and
understanding.

**Give Yourself
(and Others) Grace**

Things will go wrong. Grace
covers it all.

John 1:16

Grace upon grace.

Key:

Breathe, forgive, and
begin again.

Discovering Truth
MINISTRIES