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Theme: Christmas – joyful or stressful?	Date: 14 December 2012
Scripture: Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. <p style="text-align: right;">Philippians 4:6,7</p> 	Comment: The build up to Christmas can be a stressful time of year, whether we're worried about finances, getting everything done and it being 'right', family gatherings or changes of circumstances, and usually the person who sees at our most stressed is our spouse. In fact, they are often the outlet of our stress – good and bad! Let us turn to God and give Him our worries. Let's also be thankful for our spouses – for their patience and understanding.
Prayer (as a couple): Lord, thank You for that we can share the burdens of our stress together. We pray now that you will fill us with your peace right now and bless this time to us together.	Prayer (for others): Dear Lord, we pray for _____ and _____ who will find this Christmas difficult. We pray that you will fill them with your peace and love.
Final thought: <p style="text-align: center;">Oh come let us adore Him, Christ the king!</p>	

Remember others will also be praying in this way this week. Together and with God we can make a difference.

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