



Untangling Christmas

Untangling Stress

Read **Matthew 2:1-12**

What stress might the Wisemen have experienced once they saw the star in the sky?

- How might that stress have grown along their journey? When they arrived in Jerusalem? Bethlehem? Had their dream from God?

Where are you feeling the most stress to make this Christmas “perfect,” and how might that be distracting you from simply seeking Jesus?

- What one expectation can you release this week and intentionally replace it with a moment of prayer, gratitude, or worship?



Like the wisemen, where might you have gone the “wrong way” or felt discouraged by a mistake and how is God still guiding you forward?

- Take time to “look up” each day this week and ask God to help you notice His presence and guidance even in unfinished or imperfect moments.

How can worship become your first response when stress rises rather than your last resort?

- Choose one intentional act of worship: reading Scripture, praying, singing, lighting a candle, or moments of simple silence, and practice it when you feel overwhelmed.

What is one small step God is asking you to take right now instead of trying to solve everything at once?

- Focus on being faithful in the present moment, trusting God to lead you one step at a time, just as He did with the wisemen.