

6 Ways to Feel the

Peace of

Christ's Light

This CHRISTMAS

Shine a flashlight for ideas.

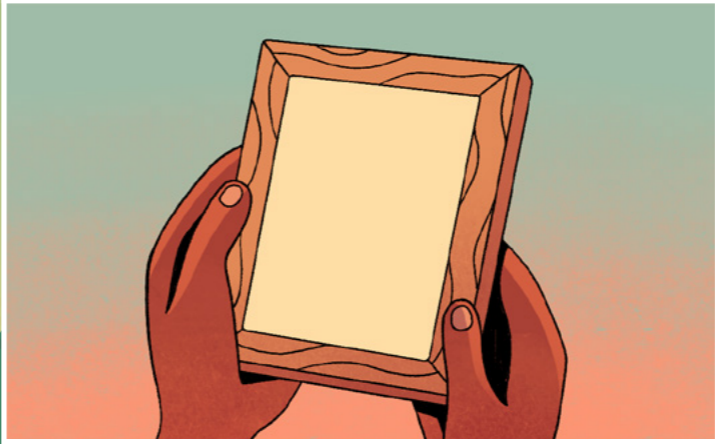
By Jessica Zoey Strong
Church Magazines

CHIRSTMASTIME CAN GET a little busy. Does your Christmas season look like any of these?
"Too . . . much . . . homework!"
"Uh oh . . ."
"Is it *my* turn yet?"
"Oops . . ."
"I think *everyone* got invited to the Christmas party but me"
"Sorry, Mom, gotta run to practice!"

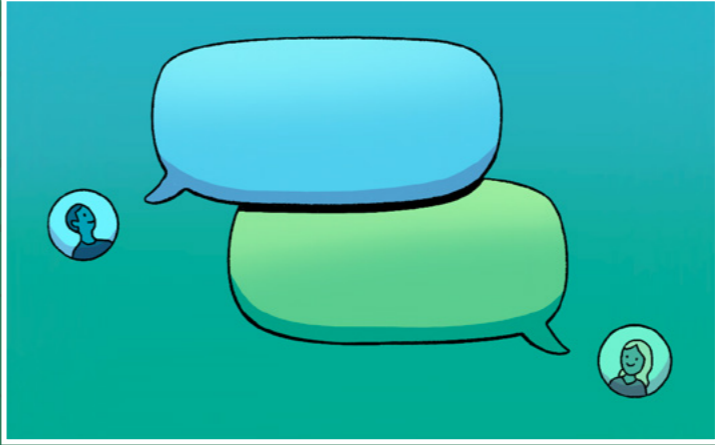
STOP. Breathe. Sometimes all that busyness makes it hard to remember why we *really* celebrate Christmas. Shine a light behind the page to reveal six ways to focus on the Savior's light and find more peace this Christmas.
For a fun twist, choose a number and commit to doing the activity today, even before you know what it is.

ILLUSTRATIONS BY JAROM VOGEL

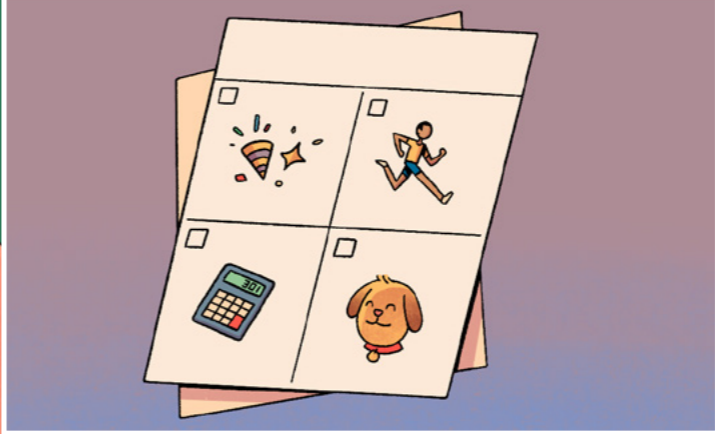
1 Take 5 minutes today to be quiet and remember the Savior (see Psalm 46:10).



2 Send a kind text to three of your friends.



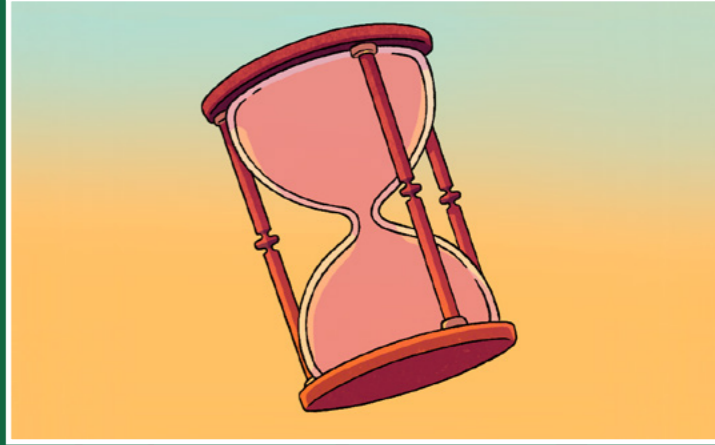
3 Learn to say no once in a while (maybe *not* to your mom) to avoid overcommitting yourself. Pick one unnecessary stress to let go of today.



4 Sing or listen to a Christmas song about Jesus Christ.



5 Go the next 12 hours without using the internet or social media. Timer starts *now!*



6 Do a five-minute act of service for a family member each day for the next three days.

