

6 Ways to Prepare for a Holiday That Will Disappoint

1. Feast on the Word

God's promises nourish weary hearts. Anchor yourself daily by reading, memorizing, or meditating on Scripture.

2. Draw Near in Prayer

Bring your sorrow, disappointment, and longings directly to God, asking him to meet you there. Name the "missing piece" you're grieving, and express this longing honestly to God.

3. Express Gratitude

Give thanks for God's presence and provision (through small mercies), even while longing for what feels absent.

4. Offer Worship

Praise God for who he is—unchanging, faithful, and near—even when circumstances are hard.

5. Serve Others

Find small ways to bless others. Service shifts our gaze outward and reminds us to be conduits of Christ's love.

6. Remember Humility

Acknowledge that you might be the source of someone's disappointment. It is good to humble ourselves and remember that we are not the only ones who are often frustrated and disappointed.



THE **Deep Dish**

Reflect

1. What am I most deeply longing for, and how can I bring that longing honestly to God?
2. What can I ask of God today? How is God meeting me in what feels missing?
3. What truth from Scripture will I carry with me today?
4. What evidence of God's kindness can I see in this season, even if it feels small?
5. What can I praise God for today? Which of his attributes comforts or encourages me in my current circumstances?
6. How are my choices and responses affecting others? How can I move towards others in humility and repentance?
7. Who can I lift up in prayer, even as I carry my own sorrow?

