

# Light of the World



## **PART 1: The Most Wonderful Time of the Year**

### **INTRODUCTION**

The Christmas season is supposed to be the most wonderful time of the year. But for many people, it's complicated. It's a time of year that surfaces tensions in relationships, unmet expectations, and the pain of absent loved ones. What do you do when the magic and wonder of the Christmas season feels out of reach? How do you reconnect with the reason for the season?

### **DISCUSSION QUESTIONS**

1. Talk about your favourite Christmas tradition from your family of origin. What did you like about it?
2. What are some things that distract you from God during the Christmas season? Why do you think it's so easy for us to lose sight of the true meaning of Christmas?
3. In what ways is Christmas different in your current family than in your family of origin? How intentional were you in establishing new Christmas traditions?
4. Read John 1:4–5. Is it difficult for you to believe that Jesus' light can overcome darkness in your life? Why or why not?
5. What are some things complicating this Christmas season for you, is there a darkness that you find yourself in? How would your stress be reduced if you lived in the truth that Jesus is the life and light that overcomes darkness?
6. What is one thing you can do this week to continually remind yourself that Jesus is the life and light that overcomes darkness? What can this group do to support you?

### **MOVING FORWARD**

During the Christmas season, we're confronted with problems we can't solve, people we can't control, and expectations we can't meet. It's important not to lose sight of the truth that Christmas isn't the most wonderful time of the year because of what is happening but because of what happened. Christmas isn't the most wonderful time of the year because of who is with us but because of who is for us. Christmas is a reminder that Jesus is the life and light that overcomes darkness.

### **CHANGING YOUR MIND**

In him was life, and that life was the light of all mankind. The light shines in the darkness, and the darkness has not overcome it. John 1:4–5