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Its Okay to Not Be Okay on Christmas

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Christmas marks a season of anticipating - whether you're excited for the gifts you see under the tree, or looking forward to warm, merry festivities with family and friends, or looking forward to the new year -Christmas brings with it a promise of joy and hope and new beginnings.





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And rightly so! It is at Christmas that we celebrate Christ - God Himself, the long-awaited Saviour, the One who will make all things new. We celebrate Christ's arrival because, with it, He brought joy and hope and peace and love to the world.

We celebrate Christ's arrival because with it is a sure promise of His coming again - when all things will be made new, when death will no longer plague us, and when pain and tears will no longer be. And like kids eager for the time we get to tear open our gifts, we are now celebrating what we know is sure to come. And we surround ourselves with people we love as a foretaste of what is to come.

But there are times when the increase in joy and merry-making also makes us more aware of our griefs. If, like me, you have lost a loved one and feel their absence all the more this Christmas, or caring for a loved one who is ill, or far away from home, or struggling with prolonged struggles, or facing a problem that won't go away is there a place for us this Christmas? We desire people's company and warmth, but we also can't shake the fact that our joy is not full. The spirit of Christmas seems far from how we feel and our circumstances, and we don't want to be a burden to other people's festivities.

Yet the truth of the season is this: Christmas is for you. The hope and joy and peace and love that Christ brings is for you. Does that mean we should not be grieving? No. It's normal for us to feel the grief of death and broken relationships. It's normal for us to get exhausted from persistent issues and long-drawn problems. It's normal for us to feel anxious about the uncertainties we face.

But our story doesn't end there. God steps into our chaos, even now. We grieve as people with hope (1 Thessalonians 4:12); we find rest in the midst of life in our Good Shepherd (Psalm 23; Psalm 55:22; 1 Pet 5:7); and we look to tomorrow with peace knowing that we can trust in God's daily provision (Psalm 34:10; Matthew 6:31-32). God comes to us, comforts our hearts, sees our tears, hears our cries, heals our pains, and brings justice to the injustices we face and see.

We can hold both the weight of our circumstances and the joy of the season together in our hands, knowing that though things aren't good right now - God is making all things right. And we look with greater anticipation for that glorious tomorrow - when all pain will cease, when death will no longer separate us from people we love, and when our relationships with one another will be perfect (Revelation 2:14).

If you are coming to this Christmas season with a heavy heart: I pray that the glorious light and life of Christ fills your heart. Christmas may look different this year, and that's okay. Emotions can come in waves of highs and lows, but know that you aren't facing this alone. God, in his unwavering love, comes to you with His comfort and peace.

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He is with you always. Cry to Him, lean on Him, and rest in Him; and let His presence fill your heart with joy. Open your heart to receive His love from His people, the Church, as well. Don't shut out gathering with the Church. It can start with just meeting one or two people, or maybe meeting people for just 30 minutes or an hour at most. Go at your own pace, it can take time.

Some days will be filled with laughter, some days may be spent in each other's silent company, and some days will be harder than others. Yet in all this, I pray that you would be surrounded by encouraging love that will get you through every day.

And to the church: I pray that the true reason for Christmas overflows from our hearts. Beyond all the programs and merry-making, may we be close to the broken-hearted, reaching out to them in love. It can get uncomfortable coming alongside someone hurting, and often we can't figure out how to solve their problems. Fight the urge to find a quick -fix for their predicament, or give them unsolicited advice, or tell them to: "Be happy, it's Christmas!" Sit with them, listen to their heart, and bring them and their situation to God in prayer. God may also bring someone to mind that you haven't seen or spoken to in a while. Prayerfully seek them out, and spend some time with them this Christmas. It might be a phone call over the holidays, a meal, or a quick cup of coffee. May we ask God for eyes to see those that are hurting, hearts to listen to and understand them, and the wisdom to love and care for them.

It is through our love for one another that the world will see the true beauty of Christ this Christmas.



By Joy Shia

Joy photographed with her family in the Philippines for Christmas, taken in 2018. She has been living in Malaysia for 8 years now, and serves in the AV Ministry and FBC's Young Adult Ministry



Christmas Eve Prayer for Those Grieving

Lord, not everyone feels joyful at this season. So many have lost loved ones during the year, and in many places, the winter cold blows its bitter winds into lonely hearts. On this Christmas Eve, we pray for those who are grieving losses. Memories of happy times with loved ones in the past can send a rush of tears to those whose arms ache with emptiness. Lord, dry those tears with Your sweet words of comfort and cheer. Turn their sorrow into joy as only You can do.

Remind those who are grieving, Lord, that You are the great Comforter and Counselor, and that You never leave us or forsake us. You are always with us, holding our hearts tenderly in Your hands. Surround them with friends and family who will cover them with love and let them know they are not forgotten. May the joy of Your birth and the good news of You coming to earth as the Savior of the world cushion their grief this Christmas Eve night. On the night of miracles, speak peace to those who need it most.

In Jesus' name. Amen



WATCHNIGHT SERVICE

Tuesday, 31 December 2024 9.00pm until past midnight



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