



Surviving And Thriving During Christmas Break

Avoiding Old Patterns When Returning Home

What do you think it will be like for you to be home over the break? What do you want to see happen? What are you hoping **won't** happen? Discuss any concerns you have about going home for break.

Do you ever feel like:

- When you go home for break that you revert back to being the child that used to live at home?
- That you watch too much TV, lack real fellowship, and/or have too few meaningful times with Jesus?

Then take heart, you are just like everyone else! Actually, this is **not** a good pattern, but here are some hints for how to have a thriving Christmas break:

How to survive:

1. Choose not to be that old child again, and act like your current, adult self instead.
2. Choose to go to church every time you have a chance.
3. Make a plan to spend some time with friends who follow Jesus.
4. Watch less TV and movies (like, aim for just 1 hour a day).

How to thrive:

1. Spend enough time every day with Jesus that it is life-giving and transforming.
2. Make one or two spiritual goals and actually reach them.
3. Pray for everyone in your Life Group/on leadership/etc.
4. Text friends in Chi Alpha—tell them how you're doing & ask them to pray for you.
5. Journal about how things are going, then talk to God about what you wrote.

Kick start:

1. Try reading Galatians and James to help get your spiritual life going.
2. Memorize James 1:1-2 and Galatians 1:10, 2:20 & 6:9.

