**Series: Christmas Wonder**

**Today: Peace for a Blue Christmas?**

**Speaker ‘Ronnie Norman**

***Isaiah 9:6***

*For to us a child is born, to us a son is given, and the government will be on his shoulders. And he will be called Wonderful Counselor, Mighty God, Everlasting Father,* ***Prince of Peace****.*

***Luke 2:14***

*Glory to God in the highest, and* ***on earth peace to men*** *on whom his favor rests”*

***John 14:27***

*Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.*

**Peace with God.**

**Peace of God.**

1. **When You Are Blue, You Are Not Alone.**

***Job 30:20-28***

*20“I cry out to you, God, but you do not answer;  
    I stand up, but you merely look at me.  
21You turn on me ruthlessly;  
    with the might of your hand you attack me.  
22You snatch me up and drive me before the wind;  
    you toss me about in the storm.  
23I know you will bring me down to death,  
    to the place appointed for all the living.*

*24“Surely no one lays a hand on a broken man  
    when he cries for help in his distress.  
25Have I not wept for those in trouble?  
    Has not my soul grieved for the poor?  
26Yet when I hoped for good, evil came;  
    when I looked for light, then came darkness.  
27The churning inside me never stops;  
    days of suffering confront me.  
28I go about blackened, but not by the sun;  
    I stand up in the assembly and cry for help.*

***1 Kings 19:2-4***

*2So Jezebel sent a messenger to Elijah to say, “May the gods deal with me, be it ever so severely, if by this time tomorrow I do not make your life like that of one of them.”*

*3Elijah was afraidand ran for his life. When he came to Beersheba in Judah, he left his servant there, 4while he himself went a day’s journey into the wilderness. He came to a broom bush, sat down under it and prayed that he might die. “I have had enough, Lord,” he said. “Take my life; I am no better than my ancestors.”*

***Psalm 42***

*1As the deer pants for streams of water,  
    so my soul pants for you, my God.  
2My soul thirsts for God, for the living God.  
    When can I go and meet with God?  
3My tears have been my food  
    day and night,  
while people say to me all day long,  
    “Where is your God?”  
4These things I remember  
    as I pour out my soul:  
how I used to go to the house of God  
    under the protection of the Mighty One  
with shouts of joy and praise  
    among the festive throng.*

*5Why, my soul, are you downcast?  
    Why so disturbed within me?  
Put your hope in God,  
    for I will yet praise him,  
    my Savior and my God.*

*6My soul is downcast within me;  
    therefore I will remember you  
from the land of the Jordan,  
    the heights of Hermon—from Mount Mizar.  
7Deep calls to deep  
    in the roar of your waterfalls;  
all your waves and breakers  
    have swept over me.*

*8By day the Lord directs his love,  
    at night his song is with me—  
    a prayer to the God of my life.*

*9I say to God my Rock,  
    “Why have you forgotten me?  
Why must I go about mourning,  
    oppressed by the enemy?”  
10My bones suffer mortal agony  
    as my foes taunt me,  
saying to me all day long,  
    “Where is your God?”*

*11Why, my soul, are you downcast?  
    Why so disturbed within me?  
Put your hope in God,  
    for I will yet praise him,  
    my Savior and my God.*

1. **Practical Steps into the Peace of God.**
2. **Ask why?**
3. **Micro-manage your thinking.**

***Philippians 4:8-9***

*8Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. 9Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.*

***1 Thessalonians 5:16-18***

*16Rejoice always, 17pray continually, 18give thanks in all circumstances; for this is God’s will for you in Christ Jesus.*

1. **Embrace limitations.**
2. **Enlist others.**

" . . . it is so important to worship in community - to ask your brothers and sisters in Christ to pray for you . . . Sometimes you literally cannot make it on your own, and you need to borrow from the faith of those around you. Companionship in the Lord Jesus is powerful." (Kathyrn Greene-McCreight, Darkness Is My Only Companion: A Christian Response to Mental Illness)

1. **Be Honest to God.**

***Philippians 4:6-8***

*6Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*

***Psalm 27:13-14***

*13I remain confident of this:  
    I will see the goodness of the Lord  
    in the land of the living.  
14Wait for the Lord;  
    be strong and take heart  
    and wait for the Lord.*