



Springcreek
CHURCH

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Christmas Blues

Guest Speaker: Bryan Sands
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Introduction

1. Christmas CAN bring disappointments

Christmas can be a disappointment—and when things are disappointments we are let down!
And when we are let down, we feel down!

- A. First, Christmas can be a letdown because, we hype it up too much! (Unrealistic Expectations)
- B. Second, Christmas can be a letdown because, it is easy to compare our Christmas with how we think other people's Christmases are going!
 - a. Bob Goff states, "We won't be distracted by comparison if we are captivated with purpose." -Bob Goff
- C. Third, Christmas can be a letdown, because life happens whether or not it is Christmas.

2. We are not the only ones who have suffered from loneliness and depression

- A. in the Bible people were depressed, lonely, etc.
 - a. David battled depression and loneliness.
 - i. "Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God for I will yet praise him, my Savior and my God." [Ps. 42:11](#)
 - b. Elijah was discouraged, weary, and afraid. After great spiritual victories over the prophets of Baal, this mighty man of God feared and ran for his life, far away from the threats of Jezebel. And there in the desert, he sat down and prayed, defeated and worn:



- i. “I have had enough Lord, he said. Take my life, I am not better than my ancestors.” [1 Kings 19:4](#)
 - c. Jeremiah wrestled with great loneliness, feelings of defeat, and insecurity.
 - i. “Cursed be the day I was born...why did I ever come out of the womb to see trouble and sorrow and to end my days in shame?” [Jer. 20:14,18](#)¹
- B. When we read the Christmas story in the Gospel of Matthew, Mary and Joseph are in the betrothal stage.
 - a. Mary and Joseph are engaged, can call one another husband and wife—but have not yet consummated their marriage. In fact, before our passage picks up, Mary has just returned from a long stay at her cousin’s house, Elizabeth. Elizabeth was pregnant with John the Baptist. When Mary comes back to Nazareth, she could not hide that she was pregnant—and everyone knew!
 - b. Matthew 1:18-24

⁸This is how the birth of Jesus the Messiah came about^[d]: His mother Mary was pledged to be married to Joseph, but before they came together, she was found to be pregnant through the Holy Spirit. ¹⁹ Because Joseph her husband was faithful to the law, and yet did not want to expose her to public disgrace, he had in mind to divorce her quietly.

²⁰ But after he had considered this, an angel of the Lord appeared to him in a dream and said, “Joseph son of David, do not be afraid to take Mary home as your wife, because what is conceived in her is from the Holy Spirit. ²¹ She will give birth to a son, and you are to give him the name Jesus, because he will save his people from their sins.”

²² All this took place to fulfill what the Lord had said through the prophet: ²³ “The virgin will conceive and give birth to a son, and they will call him Immanuel”^[g] (which means “God with us”).

²⁴ When Joseph woke up, he did what the angel of the Lord had commanded him and took Mary home as his wife. ²⁵ But he did not consummate their marriage until she gave birth to a son. And he gave him the name Jesus.



3. There's always hope!

- A. What are you going through right now?
 - a. Are you lonely?
 - b. Are you depressed?
 - c. Have you brought issues upon yourself?
 - d. Have others gossiped or stirred up trouble against you?
 - e. Take comfort
 - i. One, in knowing that Jesus understands.
 - ii. Two, whether this is your doing some ese's doing, or just a result of sin—that we are called to cast our cares and anxieties on Him!
 - 1. 1 Peter 5:7
 - a. "Cast all your anxiety on him because he cares for you."
- B. Let's honor Scripture and give our anxiety, give our worries, give our hurts, give our shame, and give whatever is hindering us to God!
 - a. The reason we can cast of all these on Him is because that baby boy who was born in a manger, died and rose again for our sins. He conquered death and gives us access to God the Father.
- C. There's a great song called, "Lord, I Need You"
 - a. Lord, I need You, oh, I need You
Every hour I need You
My one defense, my righteousness
Oh God, how I need You
- D. Let's respond to those lyrics!
 - a. Lord, I need you
 - i. I need you in my loneliness.
 - ii. I need you to heal my depression.
 - iii. I need you to do a miracle.
 - b. Oh, I need You
 - c. Lord, I need you
 - i. I need you to heal my broken relationships.
 - ii. I need you in my marriage.
 - iii. I need you to reach my kids



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- d. Oh, I need you
- e. Lord, I need you
 - i. I need you in my finances
 - ii. I need you in my decisions
 - iii. I need you in my decisions
- f. Oh, I need you

