

Christmas Blues  
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Although Christmas is supposed to be a time full of joy, good cheer and optimistic hopes for a **new year**, many people experience blues during this season of red and greens." Instead of being the "most wonderful time of the year" it turns out to be the "cruddiest season of all".

Some seem to be bummed out, and can't quite put their finger on the reason for feeling down. Many attribute the blues to being physical reactions caused by excess fatigue and emotional disappointments experienced during these months, as well as the stress. Some say that these Christmas Blues can result from the holidays seeming to overpromise and under-deliver for a number of people, leaving holiday happiness marked with "Return to Sender."

It is possible, however, that the Holiday Blues come into our lives not because we expect too much out of holidays, rather because we ask too little. Perhaps what we are really seeking is not happiness, but joy.

Happiness is derived from the root "to happen." Clearly, what happens to us will affect our happiness. Christmastime is full of happenings. There are so many happenings, in fact, that we start to believe that all the activity should add up to happiness. But trying to derive happiness out of activity is much like a dog trying to catch its own tail. The dog can see it, and almost grasp it. Yet as hard as he tries, he will never catch what he desires. What's more, the faster he spins, the more dizzy he'll get.

Joy, on the other hand, is not dependent on our circumstances, but on God Himself who dwells within us. For the believer, the "tail" of joy will naturally follow us if we simply follow the Master.

During this season, we will see people everywhere, fighting the traffic and the crowds. They are out there in the hustle and bustle of the holidays. Most people love the Christmas season and what it stands for, but some can't see beyond the Christmas trees, the beautiful lights and the expectation of gifts.

The Season of Christmas should be the season in which we truly show our love to others; unselfishly, unequivocally, with fervor! We should be so in love with our God that our faces shine with His presence; our eyes should light up for Him! People should recognize us as having something they want! And we should be ready to share that special something with them when we have the opportunity! To show love wherever we go, to whomever we come in contact with, will drive away the blues of Christmas and bring Joy to the World!