

Date: 12/16/18 sf3081

Title: A Celebration of Life

Text: Luke 2:8-15

Shepherds were needed, but often neglected.

Shepherds were terrified at first.

Shepherds told everyone what they saw and heard

What can we learn from the announcement of the angels that can help us remain joyful?

A Savior is born.

- The birth of Jesus brought life to a dying world.
- The birth of Jesus restored hope to the world.
- The birth of Jesus replaced sorrow with joy.

Christmas should be a time of great joy, but sometimes it can be a time of sorrow.

- Maybe because someone we loved is in heaven.
- Maybe we have lost someone due to a divorce.
- Maybe someone just simply left us.
- The death of a pet can also trigger feelings of loss leading to grief.
- Going through major surgery or fighting cancer or some other disease can also trigger sorrow.

There are some things we can do to help us cope with our feelings of loss or sorrow.

- Recognize that grief is normal and goes through stages.
  - The five stages of grief are denial, anger, bargaining, depression, and acceptance.
  - They are tools to help us frame and identify what we may be feeling.
- Reflect on what Christmas means.
- Remain involved with Christian brothers and sisters.
- Recall the good memories.
- Refuse to let sorrow dominate.
- Rebuild your life with new experiences.
- Remember all that we lose here we gain in Heaven.
- Remain busy for the Lord. (the shepherds told everyone)