

## *Two Days after* CHRISTMAS

It's strange how many people feel depressed after Christmas. It's called the "Christmas blues," or seasonal affective disorder.

It's easy for these blues to develop, since the buildup to the holidays is filled with emotion, expectation, parties and interaction with family and friends. Now, with Christmas Day behind us and the celebrations done, loneliness and depression may creep in if we are not careful.

Whatever it is, if you're down in the dumps today, stop thinking about Christmas. Think about Christ instead.



He is our Prophet, Priest and King. He is the Master, the Bridegroom, the Good Shepherd, the Holy One of God. His name is Emmanuel – God with us. His name was called Jesus.

John the Baptist introduced Him as "the Lamb of God who takes away the sin of the world" (John 1:29).

The wise men recognized Him as the "King of the Jews," and even the demons called Him "the Holy One of God" (Matthew 2:2 and Mark 1:24, respectively).

"Is this not the carpenter?" asked the people of Nazareth in Mark 6:3.

"Could this be the Christ?" asked the woman by the well in John 4:29.

Thomas called Him, "My Lord and my God" (John 20:28).

So today isn't about Christmas but about Christ; in fact, every day should be. It isn't about presents but His presence.

You may or may not have family nearby, but your Father is close at hand, and your faith is more important than your feelings. He sets us free from chains we can never remove ourselves. He is our hope.

Don't worry about Christmas. That day is now in the rear-view mirror. Just celebrate Christ.

*But who do you say that I am?* (Luke 9:20 NKJV).

– Beecher Hunter