

*HAVE YOURSELF
A MENTALLY HEALTHY
CHRISTMAS*



THE CHAPEL
DECEMBER 21, 2025

CONTENTMENT
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READ: Luke 2:1-19 together.

OPENER: When you picture a “perfect” Christmas, what’s one expectation you usually have—and how often does reality actually match it?

1. Mary’s first Christmas was deeply less than ideal—unmarried, far from home, surrounded by strangers, giving birth in a stable. What details from Luke 2 stand out to you as especially hard or disappointing from Mary’s perspective?
2. Pastor Dave described contentment as being “held together” on the inside, not grasping for what we don’t have. How would you describe the difference between contentment and simply pretending everything is fine?
3. Mary shows us three practices: **accepting her circumstances, trusting God’s plan, and receiving God’s peace.** Which of those three feels most difficult for you right now—and why?
4. As you look ahead to this Christmas, what is one less-than-ideal situation where God may be inviting you to practice contentment this week? What would it look like to actively receive His peace there?