

# LWML Texas District

January 9

Meditation

## Post-Christmas Blues

Christmas is so exciting! Family gathered all around, presents, travels, buying and wrapping gifts, extra opportunities for worship, decorations, Christmas celebrations, and joyful music being played everywhere. Some families celebrate a significant number of times between December 20 and January 6.

Historically, Christmas trees and decorations were taken down on Epiphany. Epiphany is the day we remember the visit of the Magi from the east visiting Jesus with gifts. Sometimes, after all the celebrating we are left less than enthused, exhausted, drained, and lonely.

Can you imagine the emotional letdown that Mary and Joseph experienced? The visit of strange shepherds, a beautiful star, angel voices in the distance, rich and wise strangers from the east with gifts, and then the fear with King Herod's men arriving in Bethlehem to kill all the little boys under the age of two, and, finally, a hurried trip to a foreign country, Egypt, to escape the murderous plot of a deranged king. All these things took place while getting used to being a family of three.

Incredible amounts of excitement and drama surround the birth and first couple of years of Jesus life. It would have taken quite the emotional toll on the young couple. Things were not as they had planned or expected much like our lives today. We make great plans. We anticipate the family gathering being joyful, but then somehow drama seems to creep in, or illness destroys. We look forward to kids and loved ones liking the gifts you searched high and low for, but they abandon them almost before they are done opening. All the people head home, and you are left to take out the trash and put away the decorations.

Thankfully, we do not have to rely on our feelings or our circumstances to know how near God is to us. Jesus promises to be with us to the end of the age (Matthew 20:28). He says, "*Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid*" (John 14:27). Jesus is the ultimate gift giver. He is the ultimate peace sustainer. He is our rock amidst the struggles of this world. He alone can bring us the joy we have just a small taste of during the season of Christmas.

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