**Put Your Life-Mask on First:**

Have you ever been on an airplane and the stewardess goes through instructions in case of emergency? She tells you that if an emergency arises to put your life-mask on first, then assist the person next to you. In a Christian’s life, our life-mask is our growing relationship with the Lord. As moms/teachers, it is tempting to run low on taking care of ourselves. At times, it is easy to think we can get by for a while without spending time with Him. Part of “taking care” of us is filling up our oxygen tank. Okay, my sweet sisters, let us fill up with the Word, so we are not distracted by what is going on around us and find our oxygen depleted.

As we prepare for Christmas…life can get crazy. If you are like me, the months go by quickly and I wonder where they have gone. I have found in my own life, that when I spend more time with the Lord, I am ready to face varying seasons of life with stronger trust in the Lord, than when I am “just getting by”. Even with my best plans on being intentional during Christmas, at times, I can get side tracked. It can be hard to keep the BEST things in mind for the family and allow other demands come in. Here are some ideas on imparting a Christ-focused love for Him and for others during the month of December.

-**Pray and be intentional**: Luke 8:8-9 “And some fell into good soil and grew and yielded a hundredfold.” As he said these things, he called out, “He who has ears, let him hear.” Intentionally plant, pray for those seeds to grow and take root, share life on life as you tend to the things The Lord wants you to focus on in your family.

**-Prioritize Life**: Lessen your load during Christmas & simplify your schedule. Prioritize on what the non-negotiables are for your family. Remember- Good, better, best. Decide what is BEST for your family, then sweep out the rest.

**-Family time:** Set aside time for family to read the Bible, advent reading, and special things to do. Enjoy building up your relationships with those in your family and reaching out to others together.

**-First place your life-mask on**, then reach to your family. As Christian women, we set the climate of our home. May our hearts and minds be in the Word, so we are better equipped to reach out to our families whose oxygen tanks are filled.

May this Christmas time be centered on our Lord and I pray the Lord will bring precious moments to grow closer to Him as families.

In Christ Alone,

Jyl Griffin