

THE POST-CHRISTMAS LET-DOWN

Luke 24:17 ... "And He [Jesus] said to them, 'What kind of conversation is this that you have with one another as you walk and are sad?'"

Are you suffering from a hangover or eating too much during Christmas celebrations? For some, the days following Christmas feel like a let-down. Perhaps Christmas left you with mixed emotions, headaches, exhaustion or a feeling of emptiness and aloneness. Christ's followers experienced a severe let-down when their Savior was killed and buried. For three years they followed him with total devotion and were crushed with his death; they felt empty and alone.

You may have visited relatives or friends at Christmas. You may have enjoyed guests in your own home. Perhaps your son or daughter returned from college or their career in a far-off city. Your church may have had special services to celebrate Christmas. Your fellow teachers or classmates might have held parties to celebrate the season. Your employer may have blessed you with a bonus.

Your friends and family have gone home. The pressures of work and study have returned. The bills you could not pay before Christmas, are still unpaid. You feel remorse for an argument you had with a sibling or parent. You no longer find the Christmas decorations pleasant to look at. At your school or work Christmas party, you may have embarrassed yourself or offended someone else. And, for many, after several days of celebrating Christmas for all the wrong reasons, you find yourself sad because you ignored the real reason for Christmas, the birth of your Savior.

The post-Christmas let-down is what's left after the celebrations are over; days in which you regret eating or drinking too much, feel foolish for an argument you had, or feel guilt for failing to focus on what was really important. It is the period in which the joy of seeing old friends and relatives is replaced with the sadness of their departure. But for some, Christmas represented nothing new or different in their lives. Instead of experiencing even one day of joy, they live constantly in the daily routine of poverty, or lacking a personal relationship with Jesus; they had nothing to celebrate on Christmas day, and nothing to celebrate today.

If you are suffering from the post-Christmas let-down, I urge you to intentionally turn your sadness into action. People around you are still suffering, still without something to eat, and still without Jesus. Now that you can partially sympathize with their plight, reach out and offer them help; offer them hope; offer them a Savior – your Savior. There is nothing that either you or they need more, than to speak and hear about Jesus.

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