

## Christmas Emotions that Heal Wrong Emotions Part 1: Hope

The first emotion is hope that heals despair. (Hebrews 11:1)

1. Christmas hope is thousands of years old.
2. But they didn't imagine that their deliverer would be dressed in a diaper, lying in a feeding trough.
3. What kind of deliverer are we looking for?
4. Many people are filled with despair during Advent - the Christmas season (Proverbs 13:12; Luke 18:1-23)
5. Hope fulfilled is a tree of life! Jesus said: **“What is impossible with man is possible with God.”** (Luke 18:27)

During the next 28 days, which emotion will dominate and control you?  
(Colossians 1:27; Psalm 42:5; John 14:1; Hebrews 11:1)