



Holidaze

INTERRUPTED PLANS

Matthew 1:18 - 25

Two Ways to Deal With Interrupted Plans:

1.) When your plans are interrupted you can avoid the problem.

- You avoid taking actions that trigger painful memories from the past.
- You try to stay under the radar.
- You avoid reality testing your thoughts.
- You try to avoid the potential for people being mad at you.
- You avoid feeling awkward.
- You avoid entering situations that may trigger thoughts like, "I'm not the best. I'm not as good as other people."

2.) When your plans are interrupted you can accept God's purposes.