Becky L McCoy: [00:00](https://www.temi.com/editor/t/EhFaImnTC0hFf7y-LsuSWpbLn5ISmW1HloX1AV-uayMOQvdFJbPafNg4Y7kD5xuTVCoLj_BgKFuwselAQht0G2URvrg?loadFrom=DocumentDeeplink&ts=0.03) Hey friends, it's Becky L McCoy and this is sucker punched

Becky L McCoy: [00:11](https://www.temi.com/editor/t/EhFaImnTC0hFf7y-LsuSWpbLn5ISmW1HloX1AV-uayMOQvdFJbPafNg4Y7kD5xuTVCoLj_BgKFuwselAQht0G2URvrg?loadFrom=DocumentDeeplink&ts=11.77) welcome to the super special second episode of this week. You get two episodes this week with Thanksgiving next week, and I really thought that you'd want to get this one into your ears before one of the big holidays of these next couple months. I am talking with Becky Kiser, she's the founder and owner of sacred holidays, and their mission is just to help you recapture the holidays being special, sacred just means set apart and how can we make the holidays special without losing our minds or um going so crazy that we ruined relationships and all the things that can happen around the holidays. So you're really gonna love this episode. Um, I continue to process what burnout looks like for me. Um, and I have learned a lot as a single parent about what burnout looks like, but I recognize that, that, yeah, maybe I've been forced to learn a lot of these lessons because I'm parenting on my own, but really they're lessons that apply to anyone who struggles with burnout. So I would love to share those thoughts with you. And you can find them over on the blog, BeckyLMcCoy.com, and the piece is called what you need to know about burnout from a single parent. And I, and I really hope that that's encouraging to you. Um, so I am talking with becky today about burnout and the holidays and just not learning to reset our expectations so that the holidays don't come with disappointment and discouragement and it feeling like it's a rat race. So, um, yeah, it's a great conversation. And here it is.

Becky L McCoy: [02:27](https://www.temi.com/editor/t/EhFaImnTC0hFf7y-LsuSWpbLn5ISmW1HloX1AV-uayMOQvdFJbPafNg4Y7kD5xuTVCoLj_BgKFuwselAQht0G2URvrg?loadFrom=DocumentDeeplink&ts=147.78) Today is a super special episode in the burnout series. I'm here with Becky Kaiser and she just released this book called Sacred Holidays and it is exactly about burnout and the holidays. So, welcome, becky.

Becky Kiser: [02:45](https://www.temi.com/editor/t/EhFaImnTC0hFf7y-LsuSWpbLn5ISmW1HloX1AV-uayMOQvdFJbPafNg4Y7kD5xuTVCoLj_BgKFuwselAQht0G2URvrg?loadFrom=DocumentDeeplink&ts=165.86) Thank you, Becky, it's the becky show today.

Becky L McCoy: [02:48](https://www.temi.com/editor/t/EhFaImnTC0hFf7y-LsuSWpbLn5ISmW1HloX1AV-uayMOQvdFJbPafNg4Y7kD5xuTVCoLj_BgKFuwselAQht0G2URvrg?loadFrom=DocumentDeeplink&ts=168.9) I know. So fun. Um, so we're just gonna jump right in because this is something that so many people struggle with wanting the holidays to be this like super special, meaningful, magical time. And then they just burn out and end up hating every minute of it.

Becky Kiser: [03:13](https://www.temi.com/editor/t/EhFaImnTC0hFf7y-LsuSWpbLn5ISmW1HloX1AV-uayMOQvdFJbPafNg4Y7kD5xuTVCoLj_BgKFuwselAQht0G2URvrg?loadFrom=DocumentDeeplink&ts=193.28) Everyone, everything. Right?

Becky L McCoy: [03:15](https://www.temi.com/editor/t/EhFaImnTC0hFf7y-LsuSWpbLn5ISmW1HloX1AV-uayMOQvdFJbPafNg4Y7kD5xuTVCoLj_BgKFuwselAQht0G2URvrg?loadFrom=DocumentDeeplink&ts=195.311) Exactly. Um, so I think as we start to talk about this, I think there are two things about your book that, that stand out to me and I want. Um, so I think that's where we'll start talking. The first is that, um, you say we don't have to believe the lie, that spiritual means impractical, that in order to make holidays have spiritual significance. It's like that's impossible. And then the other thing you say about this book is this book is meant to be read in stages like this is not sit down, read the whole book, and then when Christmas comes around, hope that you remember something.

Becky Kiser: [03:53](https://www.temi.com/editor/t/EhFaImnTC0hFf7y-LsuSWpbLn5ISmW1HloX1AV-uayMOQvdFJbPafNg4Y7kD5xuTVCoLj_BgKFuwselAQht0G2URvrg?loadFrom=DocumentDeeplink&ts=233.96) Ain't nobody got time to read an entire book anymore either.

Becky L McCoy: [03:59](https://www.temi.com/editor/t/EhFaImnTC0hFf7y-LsuSWpbLn5ISmW1HloX1AV-uayMOQvdFJbPafNg4Y7kD5xuTVCoLj_BgKFuwselAQht0G2URvrg?loadFrom=DocumentDeeplink&ts=239.17) So, so tell us more about the, how this book will kind of, how you came to write this book and why it's so important. And then also, um, it's just so practical.

Becky Kiser: [04:13](https://www.temi.com/editor/t/EhFaImnTC0hFf7y-LsuSWpbLn5ISmW1HloX1AV-uayMOQvdFJbPafNg4Y7kD5xuTVCoLj_BgKFuwselAQht0G2URvrg?loadFrom=DocumentDeeplink&ts=253.96) Yeah, yeah, yeah. Um, so how I came to write the book, it was exactly what you just described. That was me. I felt trapped and trapped is like maybe too dramatic of a word, but we can be dramatic amongst girls, I was overwhelmed by them. Like I loved them. I wanted them to be magical and whimsy and fun and all the things, and then somehow even the parts, even though there were so many parts I loved so much, I still found myself wanting more, like being disappointed in myself, being disappointing other people being disappointed in the overall experience, feeling shameful that I had disengaged from Christ during so, so many of the holidays are meant to be celebrating him. So there was just like a lot of regret and sometimes shame associated with an irritation associated with holidays. And so about five years ago is when I stepped in and said, okay, I need a do over.

Becky Kiser: [05:08](https://www.temi.com/editor/t/EhFaImnTC0hFf7y-LsuSWpbLn5ISmW1HloX1AV-uayMOQvdFJbPafNg4Y7kD5xuTVCoLj_BgKFuwselAQht0G2URvrg?loadFrom=DocumentDeeplink&ts=308.62) I need a reset button. And I started really diving into advent and lent, which is the holidays leading the days leading up to Christmas and the days leading up to Easter and try to find a way to make those more focused for myself personally before I even try to trickle that into my family. Um, so it started there and that led to writing advent and lent Bible Studies, which led to starting a ministry called sacred holidays, which then from there we started doing. It's like, okay, we don't, Christmas and Easter don't need to be the only holidays where we're intentional in loving God and loving others. You know, we all celebrate Valentine's Day and birthdays and summer and Halloween and Thanksgiving and new years and all the other days. So how can we make those sacred, which just means holy, all about Jesus and set apart more intentional.

Becky Kiser: [05:57](https://www.temi.com/editor/t/EhFaImnTC0hFf7y-LsuSWpbLn5ISmW1HloX1AV-uayMOQvdFJbPafNg4Y7kD5xuTVCoLj_BgKFuwselAQht0G2URvrg?loadFrom=DocumentDeeplink&ts=357.51) So that's, that's when I got together with lifeway about a year ago is actually October this time last year and we were talking through another book and then they came to me and said, you know what, we need so much right now that we really need a holiday. But have you ever considered writing a book about the holidays? And what they didn't know is I was, I was just starting my outline for a book like this because I found that when each holiday would come up, I'd scroll back to, okay, what was that email I sent for Thanksgiving and what was that thing I posted last Halloween and I wanted a resource where it was just all in one place, like I'm not great at pinterest. And keeping my boards are like, I just, I, I get a little overwhelmed by all the scrolling and the things and I wanted a resource where all the holidays were in one place where I could find, okay, what is Halloween actually about?

Becky Kiser: [06:49](https://www.temi.com/editor/t/EhFaImnTC0hFf7y-LsuSWpbLn5ISmW1HloX1AV-uayMOQvdFJbPafNg4Y7kD5xuTVCoLj_BgKFuwselAQht0G2URvrg?loadFrom=DocumentDeeplink&ts=409.44) What? Why do we celebrate? Valentine's Day is so tiny historical context and then a whole bunch of ideas. And so it's like you had just said, we have so sacred means holy and set apart. So we have a bunch of ideas that are holy so specifically will engage your heart around the things of Jesus and worshiping him and connecting to him. But then there's a whole list of ideas that are simply set apart that are intentional. So it's like what you had just referenced to it. I believe all the things that aren't necessarily spiritually intentional are still significantly spiritual and meaningful. So for example, Halloween just happened. Well, there is nothing in. There was nothing intensely spiritual about gathering with my neighbors and my friends to paint pumpkins together or carving pumpkins. But that community, that, that connection, instead of being around the TV or running errands all over the place, that was spiritual in and of itself, even though it wasn't overtly spiritual. So that's what we encourage women to do, is we want to pursue Christ and the things of Christ in the way of Jesus. But we also want to be intentional and embrace all those whimsy and those butterfly feelings that you got as a kid. We want to help women not just resurrect those when they have young children, uh, all, all throughout, regardless of season, regardless of circumstance, regardless if you feel burnout or not, how can you, how can you find this whimsy? Again, that is both rooted in Jesus and like established and loving others.

Becky L McCoy: [08:14](https://www.temi.com/editor/t/EhFaImnTC0hFf7y-LsuSWpbLn5ISmW1HloX1AV-uayMOQvdFJbPafNg4Y7kD5xuTVCoLj_BgKFuwselAQht0G2URvrg?loadFrom=DocumentDeeplink&ts=494.73) Yeah, I love that. And I especially love the idea that for something to be sacred or holy, that doesn't mean like you're going to church every day during advent like that. That's, I mean if you have like I have a three year old and a six year old like that is impractical, but that, you know, maybe you're going to learn something new about God during the season of advent or. But like you said, gathering around a table with your friends or your family at Thanksgiving can be just as holy as anything else because that's, um, that can be really special time, not because your table looks perfect and everybody has a seating card and there's a seating chart and like, you know, like you catered the whole thing, but just because you can be intentional about like, what are you thankful for or. So since Thanksgiving is next week, what are, what are your, some of your favorite ways to make things giving special? Um, maybe if somebody is feeling really overwhelmed, they don't have a ton of time to create or do anything. The budget is limited. Um, and they're afraid that if they try and do anything differently, it's just going to be disappointing and they're going to feel burned out like every other year.

Becky Kiser: [09:41](https://www.temi.com/editor/t/EhFaImnTC0hFf7y-LsuSWpbLn5ISmW1HloX1AV-uayMOQvdFJbPafNg4Y7kD5xuTVCoLj_BgKFuwselAQht0G2URvrg?loadFrom=DocumentDeeplink&ts=581.73) Okay, great. Great question. I, you know, my husband and I call him Dave Ramsey Junior, so we're always on a tight budget no matter how we actually are. So few really simple ways that you can make the Thanksgiving Day. I'll do three, three really simple ways to make the Thanksgiving Day and more meaningful. The first one for me, it's prepping realistic expectations before the day's even there. So I have actually an entire chapter in the book called realistic expectations. That's in part three of the book where we deal with a lot of common struggles. And I had a counselor tell me years ago, becky, you can only expect from others what they're able to offer you. And, and I have really high expectations for myself and others. Like I'm, I'm a 150 percent or five percent or like I just, I do think in extremes and I, and I can put that on other people too.

Becky Kiser: [10:32](https://www.temi.com/editor/t/EhFaImnTC0hFf7y-LsuSWpbLn5ISmW1HloX1AV-uayMOQvdFJbPafNg4Y7kD5xuTVCoLj_BgKFuwselAQht0G2URvrg?loadFrom=DocumentDeeplink&ts=632.66) Like I, I know the potential they hold as a human and so I expect them to live that isn't really fair of them. Even if maybe quote unquote they should be differently or whatever. So I sit down before I'm around extended family and I just, I kind of list out different people and I just say, what can I expect them to offer me in this relationship? What can I expect myself to offer them what? And then I don't go into it feeling disappointed, but I expect them to be who, what consistency has told me. And then I pray over the list too. And just asked for faith. I asked for growth for God to grow relationships that need growing, that he would heal relationships that need healing, that he'd bring joy and laughter and relationships that made me feel disconnected. And so that sitting down to develop realistic expectations before thanksgiving.

Becky Kiser: [11:22](https://www.temi.com/editor/t/EhFaImnTC0hFf7y-LsuSWpbLn5ISmW1HloX1AV-uayMOQvdFJbPafNg4Y7kD5xuTVCoLj_BgKFuwselAQht0G2URvrg?loadFrom=DocumentDeeplink&ts=682.34) And really I do it pretty much any holiday or time when there was a large gathering of people that's super practical and helpful and it's totally free of. I just saved you that. The counselor copay on that one. Um, the other like super practical also very free is I think cell phones. We do. I, a few years ago I implemented, I looked up and just notice everyone who is over the age of 16 had their phone constantly just quickly checking the football score or scrolling facebook to see other people's cute Thanksgiving Day pitchers or, or maybe just trying to get lost in the article so they didn't have to have conversations. And so I implemented a phone jail and I give nobody a choice about it and I made a little sign. They folded like a Napkin or a piece of paper in half and I wrote on their phones in jail, you could only take it out to take a picture.

Becky Kiser: [12:12](https://www.temi.com/editor/t/EhFaImnTC0hFf7y-LsuSWpbLn5ISmW1HloX1AV-uayMOQvdFJbPafNg4Y7kD5xuTVCoLj_BgKFuwselAQht0G2URvrg?loadFrom=DocumentDeeplink&ts=732.19) Then you have to put it back. And so my family like loves this now, but the first year it was funny because they were actually uncomfortable and I had several taught me like I got the itch. I felt like I had the twitches during thanksgiving. And by doing that simple act is going to help lift your heads up in force you to be more engaged than you would have otherwise. Um, and then last but not least, like, uh, another, and I think I haven't mentioned in the book, but one of the things that we, we did a couple years ago is I emailed all of our family who is going to be at Thanksgiving and I made a list of all the names of people that would be there and I said reply back with a word or phrase or paragraph of what you love or see in that person.

Becky Kiser: [12:54](https://www.temi.com/editor/t/EhFaImnTC0hFf7y-LsuSWpbLn5ISmW1HloX1AV-uayMOQvdFJbPafNg4Y7kD5xuTVCoLj_BgKFuwselAQht0G2URvrg?loadFrom=DocumentDeeplink&ts=774.76) And so then I had my girls and I printed off a picture of a Turkey on the computer and I had my girls color the Turkey and we printed off a picture of their face from the computer. I mean, so like I'm, I've already told y'all about pinterest. Like it could have been done really, really well. But again, realistic expectations. I'm not the craft mom even though I'd love to be. So it was print off Turkey coloring sheet that was free to print out from the computer. And I printed off a picture, it was probably their facebook profile picture, but on the Turkeys had. And then my girls just colored the Turkey and on the back I wrote down all the responses I got back from people that said what they have and when I go to my, like my dad and my stepmoms house, they still three years later have those turkeys as their placement at their table that my grandparents still pulled them out.

Becky Kiser: [13:39](https://www.temi.com/editor/t/EhFaImnTC0hFf7y-LsuSWpbLn5ISmW1HloX1AV-uayMOQvdFJbPafNg4Y7kD5xuTVCoLj_BgKFuwselAQht0G2URvrg?loadFrom=DocumentDeeplink&ts=819.79) We pull ours out every October, November and my girls are reading now that they can read, they can read the things that family said about them three years ago. So those are all. And that's just a lot of what's in the book. You know, I, we list out ideas, but then there's also space that you've probably seen Becky were you can journal your own ideas. It's saying I've, I've collected some ideas of ideas that are holy and set apart and he put them in there or you're like, this was nothing holy or set apart about it. I never want to do that again. And then there's space to record in the book too. Of Hey, this didn't work for me, so I'm going to stop doing that and what we want this book to be is a true resource that you go back to year after year after year and it almost becomes like your grandmother's recipe cards where it just gets better with time as you, as you try ideas that we give yours, you try ideas that your friends giving you record it in the bug and then you tweak it here after a year after a year.

Becky Kiser: [14:38](https://www.temi.com/editor/t/EhFaImnTC0hFf7y-LsuSWpbLn5ISmW1HloX1AV-uayMOQvdFJbPafNg4Y7kD5xuTVCoLj_BgKFuwselAQht0G2URvrg?loadFrom=DocumentDeeplink&ts=878.53) So those are my top three ideas that I would, I would encourage women to try.

Becky L McCoy: [14:43](https://www.temi.com/editor/t/EhFaImnTC0hFf7y-LsuSWpbLn5ISmW1HloX1AV-uayMOQvdFJbPafNg4Y7kD5xuTVCoLj_BgKFuwselAQht0G2URvrg?loadFrom=DocumentDeeplink&ts=883.63) Those are great and Thanksgiving is not that far away, but it's plenty of time away that you can still do these.

Becky Kiser: [14:50](https://www.temi.com/editor/t/EhFaImnTC0hFf7y-LsuSWpbLn5ISmW1HloX1AV-uayMOQvdFJbPafNg4Y7kD5xuTVCoLj_BgKFuwselAQht0G2URvrg?loadFrom=DocumentDeeplink&ts=890.95) Absolutely.

Becky L McCoy: [14:52](https://www.temi.com/editor/t/EhFaImnTC0hFf7y-LsuSWpbLn5ISmW1HloX1AV-uayMOQvdFJbPafNg4Y7kD5xuTVCoLj_BgKFuwselAQht0G2URvrg?loadFrom=DocumentDeeplink&ts=892.27) Um, so. Okay, so Christmas, this is totally the big burnout holiday. Everybody feels like they don't have enough time or money or anything to make it the perfect holiday. So what before you started really being intentional about the holidays, what did Christmas look like for you emotionally?

Becky Kiser: [15:19](https://www.temi.com/editor/t/EhFaImnTC0hFf7y-LsuSWpbLn5ISmW1HloX1AV-uayMOQvdFJbPafNg4Y7kD5xuTVCoLj_BgKFuwselAQht0G2URvrg?loadFrom=DocumentDeeplink&ts=919.81) That is such a great question. Um, that has a really good question, becky. You know, I think for me, I've already shared my expectations are always 150 percent, so I want it to be big and beautiful and I'd go into it so expected each year I feel like God's gifted me and cursed me with a terrible memory. So I don't remember. Sometimes it's the pains of the prior year so I can walk into each new season. Oh this is going to be awesome.

Becky Kiser: [15:47](https://www.temi.com/editor/t/EhFaImnTC0hFf7y-LsuSWpbLn5ISmW1HloX1AV-uayMOQvdFJbPafNg4Y7kD5xuTVCoLj_BgKFuwselAQht0G2URvrg?loadFrom=DocumentDeeplink&ts=947.74) So I, I really feel like I've, I, I approach it each time they expect it and hopeful. And then over the course of time, you know, I, especially once we started having kids like what all the gifts and what do we do about the gifts and as we're working through budgets, but we both come from divorced homes. There's just so many people to buy things for and then enter into all the parties. I mean all the parties. There's just so many different things. Then. So there is that component and just feeling overwhelmed. And I remember, I remember the year before I wrote our first advent study for sacred holidays, standing at the Christmas Eve Service Holding my candle. At my mother in Law's church singing silent night and just like tears rolling down my face and just realizing I have totally missed him. Like I have totally missed him.

Becky Kiser: [16:33](https://www.temi.com/editor/t/EhFaImnTC0hFf7y-LsuSWpbLn5ISmW1HloX1AV-uayMOQvdFJbPafNg4Y7kD5xuTVCoLj_BgKFuwselAQht0G2URvrg?loadFrom=DocumentDeeplink&ts=993.17) I bought into that lie that so many women believe have, you know, take it easy during the holidays, like you don't have to spend time with the Lord every day or don't feel like you have to do a Bible study. Like give yourself grace during this crazy busy season. And I had given myself a copout. I hadn't given myself grace at all. And so really before I started living intentionally during the advent season, it was, it was a mix of like whimsical and fun and then progressively got harder with little bumps of high moments. But for the most part I ended the holiday having spent more than we had agreed upon and having been busier than I had lagged having missed. I feel like that's that there's intentional moments of just soaking in the moment. And I definitely not connected with celebrating Jesus. So that's where it was four years ago. Five years ago.

Becky L McCoy: [17:21](https://www.temi.com/editor/t/EhFaImnTC0hFf7y-LsuSWpbLn5ISmW1HloX1AV-uayMOQvdFJbPafNg4Y7kD5xuTVCoLj_BgKFuwselAQht0G2URvrg?loadFrom=DocumentDeeplink&ts=1041.81) Yeah. Yeah. I, yeah.

Becky Kiser: [17:26](https://www.temi.com/editor/t/EhFaImnTC0hFf7y-LsuSWpbLn5ISmW1HloX1AV-uayMOQvdFJbPafNg4Y7kD5xuTVCoLj_BgKFuwselAQht0G2URvrg?loadFrom=DocumentDeeplink&ts=1046.31) Is the same. Do you feel like you struggle in the same way?

Becky L McCoy: [17:31](https://www.temi.com/editor/t/EhFaImnTC0hFf7y-LsuSWpbLn5ISmW1HloX1AV-uayMOQvdFJbPafNg4Y7kD5xuTVCoLj_BgKFuwselAQht0G2URvrg?loadFrom=DocumentDeeplink&ts=1051.43) um not too much. I don't really remember. Like, so my husband passed away four years ago, right after Christmas. Yeah. Um, and that Christmas was, he was really ill and I was really pregnant and um, and we were just so aware of our limitations that like we didn't go to the Christmas Eve service. We know there are so many things that we usually would have done that we just didn't do because we couldn't. And I think that because I was forced to reset my expectations, um, it was kinda like, oh, this is really nice and like, let's, let's do this every year. And so the next year was our first Christmas without him. And um, and I really, my son was three by then, so he was, it was like that first Christmas where he was really excited. Um, so it was kind of like, okay, what are the things that will make us special for him?

Becky L McCoy: [18:48](https://www.temi.com/editor/t/EhFaImnTC0hFf7y-LsuSWpbLn5ISmW1HloX1AV-uayMOQvdFJbPafNg4Y7kD5xuTVCoLj_BgKFuwselAQht0G2URvrg?loadFrom=DocumentDeeplink&ts=1128.78) Let's make sure we do a couple of those things. What do I feel like I really need to do for it to be special for me? And that's it, that's all we're doing. Um, and it's been really freeing every year since then to just be like, yeah, I don't feel like doing that this year. And so we're like, we're not like even a, you know, Halloween this year is, um, it's my, my son's birthday the day before Halloween, my dad passed away on Halloween and I was gone the whole weekend before for a conference. And so I said to my kids, sorry kids, you have no new costumes this year. My Mom said she'd take them trick or treating. So I said there's the dress up bin, go find something. And, and that was okay for this year. And, and I'm just learning that it, it doesn't mean like you don't, it's not like you go like, you know, Christmas vacation, Clark griswold or you skip Christmas entirely. There's this whole spectrum and you get to figure out where you sit this year and next year will be different.

Becky Kiser: [20:06](https://www.temi.com/editor/t/EhFaImnTC0hFf7y-LsuSWpbLn5ISmW1HloX1AV-uayMOQvdFJbPafNg4Y7kD5xuTVCoLj_BgKFuwselAQht0G2URvrg?loadFrom=DocumentDeeplink&ts=1206.38) Yes, girl, that I feel like so many people listening today are gonna are gonna have so much freedom found from that, of that choosing to get up. And like, you would have every right to just be like, I'm canceling all of this and no other blamed you. And maybe for some people they need to do that for a year or season. Sure. But for you to just to allow a trial to put things in a right perspective. That to me, that's such a part of that realistic expectation of saying, listen, this is, this holds everything in weight now. Like this deal is now balanced with reality and I don't need to go do all. I have nothing to prove. Like I'm not trying to anything. And it's to find that, that intentional meeting in life. I'm so beautiful. That's so good. Yeah. Um, so what, what does Christmas look like for you now?

Becky Kiser: [21:00](https://www.temi.com/editor/t/EhFaImnTC0hFf7y-LsuSWpbLn5ISmW1HloX1AV-uayMOQvdFJbPafNg4Y7kD5xuTVCoLj_BgKFuwselAQht0G2URvrg?loadFrom=DocumentDeeplink&ts=1260.59) So, so for like the religious, the more spiritual component, it that time with the Lord during it. So I, we do avid studies through the ministry. Sacred holiday is not the book. Um, so going through the advent study, a lot of times I'll do that with a group of friends, either close friends or have hosted groups in my home before going through it. And there's just this, instead of going to a lot of Christmas parties, we limit what we say yes to and so I'm personally going through scripture and prayer and there's all kinds of different prompts throughout the study to, to engage my heart and celebrating Christ and that simple act Becky of saying I'm going to commit to this study, which we tell our ladies all the time with a Friday like, hey, we know this is the worst time. Decided to do a Bible study during the holidays.

Becky Kiser: [21:47](https://www.temi.com/editor/t/EhFaImnTC0hFf7y-LsuSWpbLn5ISmW1HloX1AV-uayMOQvdFJbPafNg4Y7kD5xuTVCoLj_BgKFuwselAQht0G2URvrg?loadFrom=DocumentDeeplink&ts=1307.74) It seems like the craziest time. But, but adding in the community and the connection through it helps, helps women stay with it to have more consistent. So we are ready. We have over 100 group signup all over the U. S of women. It's my personal hope that there's a group in every city of women just saying, I'm going to choose this. Choose to focus on celebrating who Christ is. Celebrating this story during Christmas so that my heart is connected to that more than it's connected to the things I think I should do. Um, yeah. So that to me is like the biggest game changer. It started with Bible study and then it slowly morphed into other traditions, like doing advent candles with something I added in the next year of just focusing on the light, focusing on the light who has come in. A lot of us have seen that done in our churches, but we don't practice it within our homes and that now to me, like I, I wake up in the morning, I turn on my Christmas tree and I turn on my lights because I can't have fire with my kids being so young.

Becky Kiser: [22:50](https://www.temi.com/editor/t/EhFaImnTC0hFf7y-LsuSWpbLn5ISmW1HloX1AV-uayMOQvdFJbPafNg4Y7kD5xuTVCoLj_BgKFuwselAQht0G2URvrg?loadFrom=DocumentDeeplink&ts=1370.25) So we have battery, a battery operated candles and I turned them both on and it's just so beautiful to watch that progression and the lights you start with, you have five candles and you start with them all and lit and you feel the weight of we are without light and without hope in the unknown of know Jesus. And, and then when he comes and then you just. Every Sunday the four sundays going up to Christmas Day. You light a new candle. And then the fifth and final one on Christmas Day and your heart just becomes more and more expected as you like those candles. And truly those two women asked me, what can I do to make Christmas for meaningful? Do an advent Bible study. Of course we'd love for you to do one of our sacred holidays. We have two different ones on Amazon and do the candles and those two simple acts. Put everything in perspective so then the spirit is some someone you're interacting with, you're going to so that when you are invited to another party, you are more connected to that check in your spirit of like maybe I shouldn't say yes to this and you feel the weight of the priorities of Christ when you're like, maybe I shouldn't spend $300 at target, maybe a $100

Becky Kiser: [24:03](https://www.temi.com/editor/t/EhFaImnTC0hFf7y-LsuSWpbLn5ISmW1HloX1AV-uayMOQvdFJbPafNg4Y7kD5xuTVCoLj_BgKFuwselAQht0G2URvrg?loadFrom=DocumentDeeplink&ts=1443.82) when you're walking in the spirit. And it gives you greater clarity instead of like. I think sometimes as women, Becky, you probably agree with this. A lot of women, we, we become slaves to our burnout. You know, like we think that we can't control it. So were victims to well, life is just so busy and it's just so overwhelming and we just like surrender to it and when you say I'm a victim and we live like victims to our burnout and instead of w that we follow a god who created all the earth and sees and raise dead people was an act of the miracles and we just like fall victim instead.

Becky L McCoy: [24:37](https://www.temi.com/editor/t/EhFaImnTC0hFf7y-LsuSWpbLn5ISmW1HloX1AV-uayMOQvdFJbPafNg4Y7kD5xuTVCoLj_BgKFuwselAQht0G2URvrg?loadFrom=DocumentDeeplink&ts=1477.76) I know I want to grab people and be like, there's a better way! i know, well I'm, I'm, I'm just so excited for how this book is going to give so many people freedom to really celebrate the holidays and not like you said, feel like a victim of them. So real, something that's really exciting is if all you who are listening to my instagram @BeckyLMcCoy. There is a giveaway of a copy of sacred holidays. Yeah. Lifeway is so generous and giving away a copy, uh, so head over there and enter and your Thanksgiving and Christmas can be a little more sacred. And um, um, so becky, where can we find you and where can we find everything to do with sacred holidays or sign up to host an advent group?

Becky Kiser: [25:40](https://www.temi.com/editor/t/EhFaImnTC0hFf7y-LsuSWpbLn5ISmW1HloX1AV-uayMOQvdFJbPafNg4Y7kD5xuTVCoLj_BgKFuwselAQht0G2URvrg?loadFrom=DocumentDeeplink&ts=1540.41) Yes. So for me, I'm, I hang out mostly on instagram, so at Becky Kaiser K i s e r and my have a website, becky kaiser.com, but sacred holidays. It's on Instagram @sacredholidays. And then sacredholidays.com is where you want to go. So go to sacred holidays.com, enter in your email address on that main page and that way you won't ever miss an update because we all miss social media posts, deeds from the website. You'll get direction to how you can order the book at Amazon and lively stores, target.com, Walmart.com, all of the places that you could order online. But then also you'll see links to our to advocate studies for all, which is an avid say. That's on the story of the Christmas story starting to all the way in the garden, working your way through the birth of Jesus. And then there's also one called he is, which is an attribute study, so the study on the attributes of God, um, so you can find both of those are on Amazon, but you can find the links on our website and then there's a whole page at the top of the website called groups so you can out how to host a group, how to join a group.

Becky Kiser: [26:45](https://www.temi.com/editor/t/EhFaImnTC0hFf7y-LsuSWpbLn5ISmW1HloX1AV-uayMOQvdFJbPafNg4Y7kD5xuTVCoLj_BgKFuwselAQht0G2URvrg?loadFrom=DocumentDeeplink&ts=1605.51) But that is the thing, we are challenging women to choose that over more holiday parties this year, that to gather up around tables at a cafe or in homes or in churches with other people and celebrating and studying. And where is she being the one who is coming this year.

Becky L McCoy: [27:00](https://www.temi.com/editor/t/EhFaImnTC0hFf7y-LsuSWpbLn5ISmW1HloX1AV-uayMOQvdFJbPafNg4Y7kD5xuTVCoLj_BgKFuwselAQht0G2URvrg?loadFrom=DocumentDeeplink&ts=1620.74) So. Great. Thank you so much becky,

Becky Kiser: [27:02](https://www.temi.com/editor/t/EhFaImnTC0hFf7y-LsuSWpbLn5ISmW1HloX1AV-uayMOQvdFJbPafNg4Y7kD5xuTVCoLj_BgKFuwselAQht0G2URvrg?loadFrom=DocumentDeeplink&ts=1622.82) for having me on. Becky. I've had such a good time.

Becky L McCoy: [27:16](https://www.temi.com/editor/t/EhFaImnTC0hFf7y-LsuSWpbLn5ISmW1HloX1AV-uayMOQvdFJbPafNg4Y7kD5xuTVCoLj_BgKFuwselAQht0G2URvrg?loadFrom=DocumentDeeplink&ts=1636.53) So. Good. Right? I really hope that, that has encouraged you, that the holidays can be really wonderful. Um, and, and maybe some of Becky's awesome ideas for her thanksgiving will help inspire you that there can just be really simple things that you do to make it a really special day for you and your family or your friends or whoever you're getting to celebrate with. Check out sacred holidays online. They have community online. So many great resources on the website. I love following sacred holidays on instagram especially. And following becky. Hmm. They put together some really beautiful visuals, but also such great resources. Um, so, uh, definitely check them out and, and get involved over there. Um, would you please take a minute and share this episode with someone that you know, wants to reset how they approach the holidays? I think that would be a wonderful gift to give the people that you love and especially if this episode has been really encouraging to you, come find me on social media @BeckyLMcCoy and let me know how you're going to celebrate the holidays this year.

Becky L McCoy: [28:34](https://www.temi.com/editor/t/EhFaImnTC0hFf7y-LsuSWpbLn5ISmW1HloX1AV-uayMOQvdFJbPafNg4Y7kD5xuTVCoLj_BgKFuwselAQht0G2URvrg?loadFrom=DocumentDeeplink&ts=1714.49) What changes are you going to make to make it special for you and your loved ones without losing your mind or burning out on what should just be special time. I would love to hear from you. You can always find me at BeckyLMcCoy.com as well. All right. We are taking next week off for Thanksgiving and I will see you the week after. I'm with special episode 60 with my friend Amber Salhus and we're going to talk about burnout and creativity and it is a good one. Um, she's a real life friends that we could probably talk forever and ever. So. Alright friends, have a wonderful Thanksgiving and I will talk to you in a couple of weeks.