

Intentional Inspirations

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December 12, 2015



Dear Friends,

Wow! What a week! Quite a few of us in the family were sick this past week and it was no fun. We are so thankful to all be on the mend now so we can enjoy our Christmas.

We still got some fun times in (like watching a few Christmas movies) and look forward to more fun times this coming week.

Please take time to read through this whole newsletter. I shared some thoughts from my heart to hopefully encourage you during this busy time of year.

Now let's dig into this week's Inspirations!

1. Trim Healthy Mama Sale!

They are holding another sale this weekend while supplies last on some of their most popular products - Whey Protein, Baking Blend, Gentle Sweet and Super Sweet Blend. Just add the items to your cart and the prices will change at checkout. [Go now as they will probably run out quickly!](#)

2. Molly Green (Free Digital Homemaking Magazine)

I can't remember if I have mentioned this magazine before on my site, but it came to mind that I needed to share it with you! Molly Green is a magazine all about the home. You can pay for a print subscription, but

you can also get the digital version for free.

[Click here to view the current magazine online.](#)

[Click here to download the free apps](#) for Apple, Android, and Kindle Fire! This app allows you to read the magazine right on your device for free!

3. Need some Christmas encouragement?

As Christmas draws near, please don't let expectations (yours or others) steal your joy. Jesus is the reason we celebrate this special holiday, so let's focus on Him! Here are some tips:

Are you behind on your preparations? Don't stress about it! Re-evaluate what needs to be done and see if there are some things you can cut from your list. Try to simplify as much as possible and just enjoy each moment.

Are your days not going as planned? I know the feeling! I had tons of things on our Christmas Bucket List that we wanted to do, but all of us being sick this past week was not one of them! I have had to just relax and enjoy the fun things we did get to do and be content with that. Don't put a burden on yourself to get everything done! Just take each moment and enjoy it.

Have you cheated and eaten "off plan" for those of you following THM? So have I! But I am learning to give myself grace, knowing that I am only one meal away from being back on plan. Choose to enjoy these days and enjoy a treat now and then too. Be sure to make up some THM treats to have on hand for those times when you are tempted. It really helps!

Have you made room for Jesus? In the busyness of the holiday season, make sure you make room for Jesus. Take time to "be still" before Him, soaking in His love and grace. You will amazing how much better your days will go!

4. Little is much when God is in it!

This phrase from a song just came to mind as I was writing up this newsletter. In this season where our schedules are full of fun Christmas activities, let's remember this little phrase.

We may be better off choosing to do a little less and having God at the center of it all, than doing a bunch of things and stressing out because God was not a part of it.

God can take the "little" that we do and make it "much" in our lives and the lives of our family. Sometimes it is the little things that mean the most. Just take time to think on that this week and ask the Lord to show you His will for your days.

5. Have a family movie night!

Our family loves to watch good movies, so each year we usually add a couple new DVDs to our collection. But even if you don't have any Christmas movies, I put together some that are free on Youtube that you can watch. These are great family movies that you can enjoy together. [Just click here to hop on over to my site to watch them.](#) Pop some popcorn, make some hot chocolate, and enjoy some family time!

6. What I am reading this week!

I did get some reading done this week since we were down sick. One book I enjoyed was [A Simple Amish Christmas](#).

[Click here](#) to see the links to other books I am currently reading.

What are you reading this week?

I hope you have enjoyed this issue of **Intentional Inspirations**. If you want to read previous issues, just click on the header at the top and it will take you to the Intentional Inspirations Archives!

Each Saturday I will continue to bring you valuable content that will help you live intentionally!

Have a wonderful weekend,

Sheri

You can also connect with me here:

www.SheriGraham.com

www.SheriGraham.com/intentionalplanner

www.12weekholidayplanner.com

www.homeschooling-central.com

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New on the Blog This Week

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Sugar Cookies, Sick Kids, and Songs to Enjoy!

It's been an interesting week! Sugar cookie decorating, sick kids, gift wrapping, and more. Read all about it in this post!

[Read more...](#)

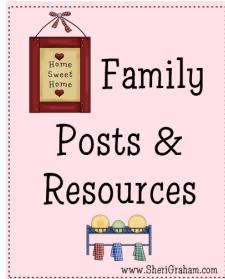
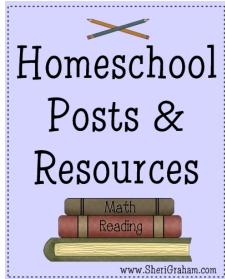


Peanut Butter Cookies

Last week I made some of these Peanut Butter Cookies because one of my sons chose it to add to our [Christmas Bucket List](#). When I pulled the recipe out, I realized that I had never added this recipe to my site! While it is not a THM friendly recipe, you could easily make it sugar-free at least by substituting some of the THM sweetener.

[Get the recipe here...](#)

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