

This Year for Christmas: A Reflective Devotional for Couples & Families

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Inspired by “This Year for Christmas”

When Christmas Feels Full, But Something Still Feels Missing

For many couples, Christmas brings mixed emotions. There may be joy, traditions, and meaningful moments—but also stress, unmet expectations, family pressure, or unresolved tension. The season that promises peace can sometimes expose how tired or disconnected we feel.

This devotional is an invitation to pause. Before focusing on gifts, schedules, or even fixing problems, it invites couples to reflect on a deeper question:

What are we truly longing for this Christmas?

What We Often Hope Christmas Will Bring

The song *This Year for Christmas* gently shifts our attention away from what we usually chase during the holidays. It centers on a simple but challenging truth: real peace is not found in circumstances changing, but in Christ being present.

Instead of “all I want is things to be easier,” the message becomes:

All I want is clarity
All I want is peace
All I want is You, Jesus

For couples, this reframes Christmas from a performance to a posture. It is less about getting everything right and more about returning to what grounds us.

Centering Christmas on Christ—Together

When couples are overwhelmed, they often turn toward control, withdrawal, or criticism. Christmas can amplify these patterns. Centering the season on Christ invites a different response.

A Christ-centered Christmas allows space for:

Grace instead of pressure
Presence instead of perfection
Connection instead of comparison

This does not mean problems disappear. It means you are not carrying them alone.

A Simple Reflection for Couples

Take a few minutes to reflect together. There is no need to rush these questions.

What are we hoping Christmas will bring or change for us?

Where have expectations created pressure or disappointment?

What would it look like to invite Christ into our stress, not just our celebration?

How can we be more present with each other this season?

A Prayer to End the Season Well

Jesus, this year for Christmas, we want You.

Not just in tradition, but in our relationship.

Meet us in our stress, our hope, and our longing.

Help us slow down, stay connected, and remember what truly matters.

Amen.

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