

# Dec 5. It is Well.

**"I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world."**

John 16:33

Take a moment today - grab a cup of tea and sit down for 15 minutes - to enjoy a very Christmassy re-telling of the story behind one of the world's most beautiful hymns, and reflect on the peace we find through the One who came at Christmas:

<https://youtu.be/ReApJymYSiw>