



## WALKING WITH THE SPIRIT ✝ Like Mary, Receiving the Gift, Our Hearts Renewed

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### Quiet Reflection and Journaling, December 14, 2024

During these times of quiet reflection, we're asking two basic questions: What do I want to ask of the Lord, and what does He want to say to me at this time. We then wait, listening for His response. Let these questions guide your reflections and help you identify the things you want to process with the Lord. Take time to quiet your mind. Ask the Lord to help you hear what He is saying, and to give you freedom to pour out whatever is on your heart.

☞ The value of this journaling time is that we can open the door to these subtopics and along the way, highlight what we want to revisit in the days to come. These questions are drawn from our topic and from the scriptures included on this page.

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1. Quiet your heart and remember a time when God came to you in a very ordinary moment. What shifted for you? Ask God to awaken your heart to hear Him, all day, any day.

2. Simply put, the soil of our hearts is very different than the soil of Mary's heart. Ask God how your soil needs to be changed so you are able to say 'yes' to what He is asking.

3. How has the Holy Spirit spoken to you of His friendship—reminding you of the Truth of who Jesus is? When has God provided you with companions to come alongside you in your journey?

4. New birth. Ponder this: "But to all who received him, who believed in his name, he gave power to become children of God..." *John 1:12*. How has this new kind of life taken hold of you?

5. Spend some time considering your faith. Are you seeking blessing (eulogio) for something you don't have, but want? or is your faith blessed (makaria) because you are living in the reality of God's desired life, now? Ask God to teach you how to live more deeply in the new reality of Jesus' life. Ponder what Mary's yes teaches you.

#### ✝ Luke 1:46-56 (ESV)

<sup>46</sup> And Mary said, "My soul magnifies the Lord, <sup>47</sup> and my spirit rejoices in God my Savior, <sup>48</sup> for he has looked on the humble estate of his servant.

For behold, from now on all generations will call me blessed; <sup>49</sup> for he who is mighty has done great things for me, and holy is his name. <sup>50</sup> And his mercy is for those who fear him from generation to generation.

<sup>51</sup> He has shown strength with his arm; he has scattered the proud in the thoughts of their hearts; <sup>52</sup> he has brought down the mighty from their thrones and exalted those of humble estate; <sup>53</sup> he has filled the hungry with good things, and the rich he has sent away empty.

<sup>54</sup> He has helped his servant Israel, in remembrance of his mercy, <sup>55</sup> as he spoke to our fathers, to Abraham and to his offspring forever."

<sup>56</sup> And Mary remained with her about three months and returned to her home.

## Mary's "Yes" and ours

### 1. The angel, Gabriel's greeting

God comes to us, most often, in the ordinary moments of our lives

### 2. The 'soil' of Mary's heart. The 'soil' of our hearts.

Covenant – God's character, our obligation. Versus – Autonomy, "I'll figure it out."

### 3. God's provision of community (we're not meant to 'go it alone.')

Elizabeth

Joseph

### 4. The Holy Spirit's action in bringing the life of God into Mary's womb, changed humanity for all time.

### 5. Elizabeth blesses Mary for her *faith*. Is this how we see/know her?