

TAKEAWAY

Based on a True Story: Part 2

DESIRED OUTCOMES

To reflect on how Mary responds to a stressful situation with a trust in God.

To consider how Mary might inspire us, especially when it comes to Christmas stresses.

SHARE

Which Christmas song 1) Do you love? and 2) irritates you the most?

What traits (desired or otherwise!) tend to come out of you when you're stressed?

Does Christmas bring out the best or the worst in you?

READ

Luke 1:39-56

DISCUSS

What does Mary's song actually say, in your own words?

Why is all of this helpful to her as she goes through the presumably very stressful experience of birthing and raising the Son of God?

What does Mary demonstrate about what it means to put faith in Jesus?

What would it look like to let the story of God's faithfulness in Jesus have more of an effect on your day-to-day habits, perspective and even your mood? How could this be brought about?

How could others in your group support you over the Christmas period?

TRY OUT

Notice where you're stressed in the coming weeks. What are the triggers? How did you respond and are there other ways you could respond? What would it look like to trust God in these situations?

PRAY