

Use these questions and resources during your study time or with your group.

RECAP: When we prepare, we become aware. The Advent season is an opportunity to make room in our hearts for Jesus. The temptation at Christmas is that we can fill our hearts with selfishness, stress and stuff. But God wants to fill our hearts with love, joy and peace. By intentionally practicing stillness, simplicity and surrender, we are making room in our hearts for God.

MAIN POINTS

- Say
- Surrender
- Search

GETTING STARTED

- Are you more of a “pack everything just in case” person or a “travel light and hope for the best” person?

SCRIPTURE

- [Luke 2:26-32](#), [Luke 1:34-49](#), [1 Peter 5:7](#), [Matthew 11:28-30](#), [Luke 1:56](#)

DISCUSSION QUESTIONS

- **The backpack metaphor runs through the whole message.** What stood out to you about the idea that our lives can look fine on the outside while carrying heavy, unseen things on the inside?
- **Mary's story moves from “How can this be?” to “Let it be.”** What do you notice about that shift, and what do you think it reveals about faith, trust, or uncertainty—especially when life doesn't go according to plan?
- **Elizabeth recognizes and affirms Mary before Mary explains her story.** What role do you think community plays in moments of doubt, disruption, or fear, and why might that be significant in Mary's journey?

APPLICATION

- **“I give everyone and everything to You, God.”**
 - Close your eyes and take several deep breaths
 - Ask yourself what specific person or situation is causing your worry or stress.
 - Visualize yourself holding the object of your anxiety in your hands, feel the weight of it
 - Gently, lovingly, open your hands and let it go. Try picturing yourself setting it down, or dropping it, or placing it in the hands of God.

RESOURCES

- *“I give everyone and everything to You, God.”* - John Eldredge
- **Closing Prayer:** God, as we stand on the edge of Christmas, we bring you everything we've been carrying—the worries, the questions, the weight we don't know how to set down. Like Mary, we say, *let it be*—not because life is easy, but because you are with us. Make room in our hearts for your presence, your peace, and your hope, and help us trust that you are faithful to keep your promises. Amen.