

Joy | We Believe

WEEK TWO | PASTOR BEN JOHNSTON

Worry, anxiety & stress steal our joy.

Why was Mary troubled? (Luke 1:26-38)

- ◇ Her plan and vision for her life was being interrupted.
- ◇ She's going to have a 'virgin birth' and she's engaged.
- ◇ The cultural pressures.
- ◇ This baby is the Son of God.

Worry, anxiety and stress steal our joy.

Worry is dwelling on our difficulties.

Worry is trying to control the uncontrollable.

When Mary was worried, she chose JOY! (Luke 1:37-38)

- ◇ Trust God, and accept His plan.
- ◇ Christian faith is not a negotiation with God, it is complete surrender to Him.
- ◇ Worry is "trying to do what only God can do".
- ◇ When we commit our life and worries to God, we can trust that He is committed to us

When Mary's focus changed, her feelings changed from confusion to celebration.

- ◇ Whose to spread joy, not worry this season.

SCRIPTURES

1 Peter 5:7

Luke 1:46

Psalm 126:1-2

Psalm 51:12

John 15:11

1 Peter 1:8

Isaiah 40:26-31

Luke 1:26-38

QUOTES

"For every sacrifice Mary made for him, Jesus made infinitely more for her."

KNOW

GROW | Small Group Questions

Warm up: If you could have dinner with 2 people from history (besides Jesus), who would you choose, and why?

1. In your life experience, do you think that it is truly possible to experience life's hardships and the joy of the Lord at the same time? Discuss.
2. What have been some of your greatest moments of joy? How have you experienced that joy is contagious?
3. Read Luke 1:26-38, together. What were Mary's initial feelings (vv. 29-30)? If this were you, how would you feel? How did Mary respond? If this were you, how would you have responded?
4. Read Luke 2:46-56, together. Notice Mary's change of countenance. Where do you think this change of heart came from
5. Pastor Ben mentioned that Mary chose joy in times of difficulty and uncertainty. How can we do the same in our lives?

GO

Joy is contagious and not meant to be contained. As the shepherds shared what they had learned about Jesus, everyone who heard them was amazed (Luke 2:17-18). The joy of the shepherds was spreading!

Identify one way you can spread joy this Christmas and show others the joy inside you.

