



REJOICE WITH THE COMMUNITY

Read aloud the passages for this week:

LUKE 1:39–45



LOOKING BACK TO LAST WEEK

Provide support, encouragement, and accountability to one another for putting the Word of God into practice. Together, find ways to live out the Scripture.

- **What stuck with you from last week’s study, and how were you able to put that into practice in your life? For example, did you consider whether you really believe that nothing is impossible with God?**
- **Did anything get in the way between you and living out the Word of God that you studied last week? If so, what? How can you intentionally plan to counteract that this week? What steps are you taking to avoid getting over busy during this holiday season? How are you keeping your eyes on Jesus?**

Head

OBSERVE THE TEXT AND THE AUTHOR’S MAIN POINTS.

1. What motivated Mary to hurry to visit Elizabeth?
2. What happened to the baby that Elizabeth was carrying? Who was it?
3. Elizabeth gives three blessings to Mary (vv. 42 & 45). What are they?

Heart

ENVISION HOW THE TEXT—WHEN APPLIED—MIGHT TRANSFORM YOUR INNER LIFE IN TERMS OF YOUR THOUGHTS, ATTITUDES, AND BEHAVIORS.

1. When have you been able to sincerely be happy for someone who has received a blessing? How did that make you feel?
2. How important are the blessings we give to one another? What blessings do you wish someone would give to you today? What blessings can you give to someone today?
3. How can you make it a habit to give regular blessings to others?

Hands

APPLY THE TEXT BY MOVING FROM INWARD REFLECTION TO OUTWARD ACTION LOOKING FOR WAYS TO LIVE THE TEXT OUT IN OUR LIVES. THESE ARE SPECIFIC, CONCRETE EXAMPLES BUT THEY ARE NOT THE ONLY WAY—THEY ARE IDEA-STARTERS FOR HOW TO PUT THE WORD OF GOD INTO PRACTICE.

Reaching Upwards: Growing in Your Relationship with God

- How have you thanked God for the many blessings you have received?
- What is one thing God is saying to you through this passage? How will you respond?

Reaching Outward: Investing in Your Neighbors

- When have you shared the good news with others? What was their reaction? What would God have you do now?
- Pray that God would move through the Alpha community to spread confidence in His truth, goodness, and love. Fall Morning Alpha is coming to a close December 21. Pray that it is having a kingdom impact on the attendees, that they will continue to be involved in post-Alpha activities, and grow in their faith.

Reaching Beyond

- Support ministry partners in a fun way by making purchases at the 22nd Annual FPC Mission Market (December 10 & 17 from 8 AM-1 PM, Palm Court). To learn more or to sign up as a volunteer for one of the remaining Sundays, email Mary-Floye Federer at mffederer@fpchouston.org.
- For other volunteer opportunities with one of FPC's local ministry partners, visit fpchouston.org/serve or contact Madie Weir, Missions Coordinator at mweir@fpchouston.org for more information.
- How else might God be stirring you to put this passage into practice this week?



GOSPEL-CENTERED PARENTING TAKE-AWAY

Blessings are something we see throughout Scripture—a habit and practice of our spiritual ancestors. Is blessing part of your family habits? Are there Scriptures that you can begin praying over your children to bless them? Consider choosing one of the blessings below and pray it over your children this week each night.

Blessing 1

Once your children are tucked into bed, rest your hand on their forehead or arm and pray:

“May the Lord bless you and keep you; may the Lord make his face shine on you and be gracious to you; And may the Lord turn his face toward you and give you peace.”

— NUMBERS 6:24-26

Blessing 2:

Another blessing for the body of a child while lying in bed. As the prayer progresses, move your hands to touch each part of the body.

Jesus, **bless their feet**, may they bring good news.

Bless their legs, may they carry on in times of suffering.

Bless their backs, may they be strong enough to bear the burdens of others.

Bless their arms to hold the lonely, and **their hands** to do good work.

Bless their necks, may they turn **their heads** toward the poor.

Bless their ears to discern truth, **their eyes** to see beauty, and **their mouths** to speak encouragement.

Bless their minds, may they grow wise.

And finally, **bless their hearts**, may they grow to love You and all that You have made.

*Amen.*⁴