



## How Mary Prepared for the First Christmas

Many of us get stressed out during the weeks leading up to Christmas—so much to do, so little time. It doesn't have to be that way. Mary, the mother of Jesus, can be an example for our Christmas preparations

How did Mary prepare when she learned she would have a role in the first Christmas? First Mary humbly submitted to God's plan. Then, she rejoiced as she looked forward to the first Christmas.

### **Mary Submits to God's Plan**

Read Luke 1:26-38.

Gabriel announced to Mary, *“you have found favor with God. And behold you will conceive in your womb and bear a son, and you shall call his name Jesus. He will be great and will be called the Son of the Most High. And the Lord God will give to him the throne of his father David, and he will reign over the house of Jacob forever, and of his kingdom there will be no end”* (vs. 30b-33).

How did Mary respond to this announcement? (vs. 34, 38)

The notes in the *Lutheran Study Bible*, ESV, say that Mary responded with “great humility and purpose.” Mary was going to be the mother of a king, but she responded as a servant, submitting to God's purpose.

What is the purpose of your Christmas preparations? What can you do to focus your preparations on God's purpose of sending Jesus to be our Savior?

### **Mary Sings a Song of Praise to God**

Read “The Magnificat” found in Luke 1: 46-55.

What meaning do Mary's words have for you?

How will you praise God, as you prepare for Christmas?

Prayer: Dear Father in Heaven, as we prepare for Christmas, let our purpose be Your purpose. Let us prepare to celebrate the birth of our Savior. Help us to replace our stress and anxiety with rejoicing. Amen.

Scripture references are from the ESV.