

5 2 W E E K S
O F G R O W T H

Give it a Year
Week 08

WEEK 08

Luke 1:39-45

“A few days later Mary hurried to the hill country of Judea, to the town where Zechariah lived. She entered the house and greeted Elizabeth. At the sound of Mary’s greeting, Elizabeth’s child leaped within her, and Elizabeth was filled with the Holy Spirit. Elizabeth gave a glad cry and exclaimed to Mary, “God has blessed you above all women, and your child is blessed. Why am I so honored, that the mother of my Lord should visit me? When I heard your greeting, the baby in my womb jumped for joy. You are blessed because you believed that the Lord would do what he said.”

Prior to this scripture, we just found out that an angel appeared to Mary and told her that she was going to be pregnant with Jesus. The impossible, just became possible with God. Mary could have stayed at her house and hid until Jesus was born. But it says that Mary rushed to Elizabeth's house. And we know that Elizabeth was Mary's cousin. But what is more important to know is that Elizabeth was:

- a godly woman.
- she was an older woman.
- she was also pregnant.

Sometimes when we get stressed or overwhelmed, our tendency can be to start to withdraw from relationships. We start pulling back, we isolate, and we say:

- "I'm good"
- "I'm fine"
- "I don't need anyone"
- "I've got this"
- "I don't want to bother anyone"

Often times when problems happen in our lives, we start doing the exact opposite of what we need. We start pulling away from church. We start pulling away from friendships. We start pulling away from our family. But the truth is, this is when we need other people the most. We were never meant to do life alone. We were never meant to carry the weight of all we are carrying by ourselves.

And Mary knew that she needed help. She knew that she needed to be around someone who was older than her, both physically and spiritually. She knew she needed to be around someone who was going through the same thing that she was going through. She knew that she needed someone who could speak life into her situation and pray for her. So she hurried to Elizabeth.

When you're overwhelmed you need someone in your corner that you can turn to. You need an Elizabeth in your life. You need a friend who is a strong believer and mentor to help you walk through life in a godly way. This person should be further along in their spiritual walk than you. They need to be someone who can guide you through what they have already been through with God. And they need to speak life through the Word of God and pray for you.

Everybody needs a spiritual partnership like Elizabeth and Mary. The Bible says this in Ecclesiastes 4:9-10 “Two people are better than one, because they have a good return for their labor; if either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up.”

This is why God designed us to need community. We need the church. We need to be connected. We need others to show us that we are not alone. We need someone who will encourage us and pray for us. We need someone who will guide us when life happens and help us make godly decisions. Mary reached out for help, for understanding, for love and no judgement, for care and guidance and that's what we need to do to when we feel stressed and overwhelmed with life, too.

READ: Luke 1

REFLECT:

- What is my normal habit when I'm stressed?
- Who can I turn to that can give me godly advice?
- Am I connected to a local church?

PRAYER:

Father God, I thank You for creating us to need each other. I thank You for your beautiful design of community. I thank You for showing me that I am not alone and that I don't have to do this life alone. Lord, help me to begin to turn toward godly people instead of pulling away and isolating myself. Help me to find a godly friendship like Elizabeth and Mary. And give me the desire to grow deeper in your church. In Jesus name I pray. Amen.