

Expecting
Part 4 – “The Hopes and Fears”
December 11, 2022

To worship is to align our [thoughts](#) and then our [emotions](#) with the reality of God as he actually is.

Luke 1:39-44

At that time Mary got ready and hurried to a town in the hill country of Judea, where she entered Zechariah’s home and greeted Elizabeth. When Elizabeth heard Mary’s greeting, the baby leaped in her womb, and Elizabeth was filled with the Holy Spirit. In a loud voice she exclaimed: “Blessed are you among women, and blessed is the child you will bear! But why am I so favored, that the mother of my Lord should come to me? As soon as the sound of your greeting reached my ears, the baby in my womb leaped for joy.

Luke 1:45

Blessed is she who has believed that the Lord would fulfill his promises to her!”

Christian [community](#) is a catalyst for worship.

Luke 1:46-48

And Mary said: “My soul glorifies the Lord and my spirit rejoices in God my Savior, for he has been mindful of the humble state of his servant.

Luke 1:48-49

From now on all generations will call me blessed, for the Mighty One has done great things for me— holy is his name.

Luke 1:50-53

His mercy extends to those who fear him, from generation to generation. He has performed mighty deeds with his arm; he has scattered those who are proud in their inmost thoughts. He has brought down rulers from their thrones but has lifted up the humble. He has filled the hungry with good things but has sent the rich away empty.

Luke 1:54 –55

He has helped his servant Israel, remembering to be merciful to Abraham and his descendants forever, just as he promised our ancestors.”

Luke 1:56

Mary stayed with Elizabeth for about three months and then returned home.

Group Questions

1. What's something that has worried you these days? On a scale of 1-10, how worrisome is the situation?
2. Do you think that most of your worry is a chosen response or a conditioned response to your environment?
3. What do you think of when you hear the word, "worship"? Unpack Jason's definition of worship. Does that change your understanding of the idea?
4. Practically speaking, what have been some helpful ways for you to worship God?
5. Taking a "top-down" approach to life will have an impact on what you worry about. What particular attribute of God might help you reframe your answer from the first question?
6. There's only one more week in this series. What has been the most helpful part of it so far?