

The Journey: A Season of Reflections

Based on An Advent Study by Adam Hamilton

Lesson #3: Mary Visits Elizabeth

Key Story:

Mary finds her joy with the help of Elizabeth
(Luke 1:39-56)

READ: (Luke 1:39-56)

Mary Visits Elizabeth

³⁹ At that time Mary got ready and hurried to a town in the hill country of Judea, ⁴⁰ where she entered Zechariah's home and greeted Elizabeth. ⁴¹ When Elizabeth heard Mary's greeting, the baby leaped in her womb, and Elizabeth was filled with the Holy Spirit. ⁴² In a loud voice she exclaimed: "Blessed are you among women, and blessed is the child you will bear! ⁴³ But why am I so favored, that the mother of my Lord should come to me?" ⁴⁴ As soon as the sound of your greeting reached my ears, the baby in my womb leaped for joy. ⁴⁵ Blessed is she who has believed that the Lord would fulfill his promises to her!"

Mary's Song (The Magnificat)

⁴⁶ And Mary said:

"My soul glorifies the Lord
⁴⁷ and my spirit rejoices in God my Savior,
⁴⁸ for he has been mindful
of the humble state of his servant.

From now on all generations will call me blessed,
⁴⁹ for the Mighty One has done great things for me—
holy is his name.

⁵⁰ His mercy extends to those who fear him,
from generation to generation.

⁵¹ He has performed mighty deeds with his arm;
he has scattered those who are proud in their inmost thoughts.

⁵² He has brought down rulers from their thrones
but has lifted up the humble.

⁵³ He has filled the hungry with good things
but has sent the rich away empty.

⁵⁴ He has helped his servant Israel,
remembering to be merciful

⁵⁵ to Abraham and his descendants forever,
just as he promised our ancestors.”

⁵⁶ Mary stayed with Elizabeth for about three months and then
returned home.

~~ Watch Video ~~
Mary Visits Elizabeth

Reflections

- Mary needed someone to talk with regarding her condition and she needed someone she could trust.
- Elizabeth's *immediate acceptance* of Mary and her condition was a balm to Mary's soul
- It is a good and right thing to share, to talk over our "conditions" with someone who has a similar experience or is going through a similar journey.
- The Magnificat emphasizes how God has lifted the lowly and filled the hungry with good things

Reflection Questions:

1. How would you define *joy*? How is *joy* different from happiness?
2. Think about the phrase "magnifies the Lord". What does this mean?
3. Is it important to have friendships that span generations? Why or why not?
4. What does being blessed by God mean to us today?
5. In what ways is God still calling us to "lift the lowly and fill the hungry with good things"?

This Week:

Who is my Elizabeth and who is the Mary I am mentoring?