



# Daily Reflections

**December 21, 2018**

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## Scripture

### **Luke 1: 39-48**

Mary set out in those days  
and traveled to the hill country in haste  
to a town of Judah,  
where she entered the house of Zechariah  
and greeted Elizabeth.

When Elizabeth heard Mary's greeting,  
the infant leaped in her womb,  
and Elizabeth, filled with the Holy Spirit,  
cried out in a loud voice and said,  
"Most blessed are you among women,  
and blessed is the fruit of your womb.

And how does this happen to me,  
that the mother of my Lord should come to me?  
For at the moment the sound of your greeting reached my ears,  
the infant in my womb leaped for joy.

Blessed are you who believed  
that what was spoken to you by the Lord

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## Our Scripture Reflection

Yes, times were difficult when both Mary and Elizabeth conceived:

1. Their land was occupied by an unfriendly Roman army
2. There was a great deal of poverty, hunger and disease
3. Many of the religious leaders and teachers were either corrupt and/or cared little for the common man

But both women had cause for great joy...The one who would herald the way for the Savior and the Savior Himself were in their Mother's wombs and the Mothers knew it! Would you not be joyful knowing that the birth of your Savior was near?? It's December 21...Well, are you?

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## **Food for your Journey**

Many Grinches threaten to steal our joy and peace at Christmastime. We think we are buying just the right gift for someone, but it receives a cool reception. The rush of the season, long lines and slow traffic replace our joy with frustration. Some relatives try our patience. After the season passes, unmet expectations dampen our spirit, and the holiday blues move in. With the arrival of the new year, we are relieved the Christmas stress has passed instead of our being refreshed by the promise of Christ.

More than we would like to admit, we allow the craziness of the Christmas season to be the Grinch that comes into our hearts to steal our joy. However, with a new perspective, God can give us a transformed heart so that our circumstances don't dictate our attitude ....

The heart of the Christmas message can give you a new perspective. In essence, God says to you, "I have stepped into the world to satisfy your soul and bring you joy. That is why I sent Jesus. Circumstances and people may disappoint, but your joy, hope and expectations can be filled in me." This is what the Christmas story is all about.

— Elizabeth Greene. "Is the Grinch stealing your Christmas?"

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## **A Prayer from the Heart**

Dear God, The celebration of the birth of Your Son, Jesus, is near. As I prepare to receive Him, may I become keenly aware that He and He alone will give deeper meaning to my life. May I receive Him with joy. Amen