



# Daily Reflections

## December 22, 2018

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### Scripture

#### **Luke 1: 46-56**

Mary said:

"My soul proclaims the greatness of the Lord;  
my spirit rejoices in God my savior.

for he has looked upon his lowly servant.

From this day all generations will call me blessed:  
the Almighty has done great things for me,  
and holy is his Name.

He has mercy on those who fear him  
in every generation.

He has shown the strength of his arm,  
and has scattered the proud in their conceit.

He has cast down the mighty from their thrones  
and has lifted up the lowly.

He has filled the hungry with good things,  
and the rich he has sent away empty.

He has come to the help of his servant Israel  
for he remembered his promise of mercy,  
the promise he made to our fathers,  
to Abraham and his children for ever."

Mary remained with Elizabeth about three months  
and then returned to her home.

# **Our Scripture Reflection**

If there was any person in history who had bragging rights to God's favor towards them it was Mary, the Mother of Jesus. But notice what the words of her prayer known in Christian tradition as the "Magnificat" have to say: Mary gives total and complete praise and thanksgiving to God! It's not about her fame because the glory goes to God. How could Mary pray in such a way? She had surrendered, that is, given her life completely over to God. Can we do the same?

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## **Food for your Journey**

Surrendering to God is the key that unlocks the door to the life you want. A bigger spiritual "to do" list or a calendar full of church activities will not change our lives. When we give ourselves to God — mind, body, soul and spirit — he changes us. We cannot change ourselves. We don't have enough spiritual stamina to change ourselves, let alone another person or the world. But when the walls come down and he has access to the deepest parts of who we are, his love courses through us in a cleansing, holy way. And we are different because of it. Stronger, richer. As different as instant coffee is from fresh-brewed. We become a full cup of steaming, inviting life.

—Nicole Johnson, *Fresh-Brewed Life* (Nashville: Thomas Nelson Publishers, 1999), 4-5.

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## **A Prayer from the Heart**

Dear God, Where would I be or what would I be without Your goodness to me? Everything that I am is because of Your Grace working in my life. And even though I forget that at times and give myself way too much credit for the good things in my life, help me to learn from Mary how to be humble. Amen