

DIGDEEPER

December 20, 2015
Luke 1:26-38 ([Listen](#))
Dr. Richard Rogers

THE BIG IDEA

Life can be overwhelming. It can look like a big mess that will never get unknotted or end up like we want it to, so we stress out and worry. It is important to remember that we are not God. We didn't write this story with a sovereign hand and cannot see how it will end in the same way he does. Instead, we must learn to rest in his control and trust him above all else. This is precisely what Mary did when an unexpected plan came her way.

START A CONVERSATION (Use this to begin a Conversation that Matters with your kids, co-workers, spouse, or someone in line at the grocery store. Then, [tell us about it.](#))

Can you tell me of a time when things didn't turn out like you had planned? What'd you do?

SOME THINGS TO THINK ABOUT

- At this time of year, which tasks, relationships, or circumstances have you feeling overwhelmed? How can you practically begin to trust God with those things?
- Mary was encouraged by her relationship with Elizabeth and their shared experience of unexpected pregnancy. Who are you currently walking alongside in the Christian life? Who knows your story and is encouraging you regularly? What do you share in common?
- The end of the year is a good time to reflect on how things went. This year we've talked a lot about the 1-3-1 of being a healthy church member. You can read about those markers [here](#). How are you doing in each area? Give yourself a grade and talk with someone about where you've been successful and where you need to improve.

GO DEEPER

- [Pray along with Scotty Smith](#) as he shows you how to ask God for an extra measure of trust.
- Christmastime is among the most stressful seasons of the year. Make time for extra helpings of God's word in the middle of your holiday plans. Betsy Childs Howard explains [just how much we need it](#).
- The Bible is clear that we need not worry and fret when something unexpected comes our way since we have a Father who will gladly meet every need. It really is possible to have [peace that surpasses all human understanding](#).

LIVE IN LOVE THIS WEEK

Ask people around you about their Christmas plans and their extended families. Then, let them speak and listen for an opportunity to make the conversation matter by sharing with them the hope you have in Jesus.